

Beginner's Guide to Running

South Africa

# Women's Health

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BEST  
BODY**

**5 Moves to  
Start Today!**

**Find the  
Good Guys**

4 New Rules of Dating

**Outsmart  
Your Boss**

Tricks from  
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CARVE INCHES  
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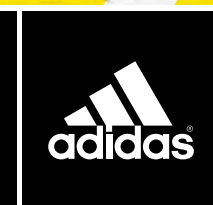
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Britney Spears  
**EXCLUSIVE:**  
The DIY fitness  
plan that sculpted  
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PLUS her #1 secret weapon  
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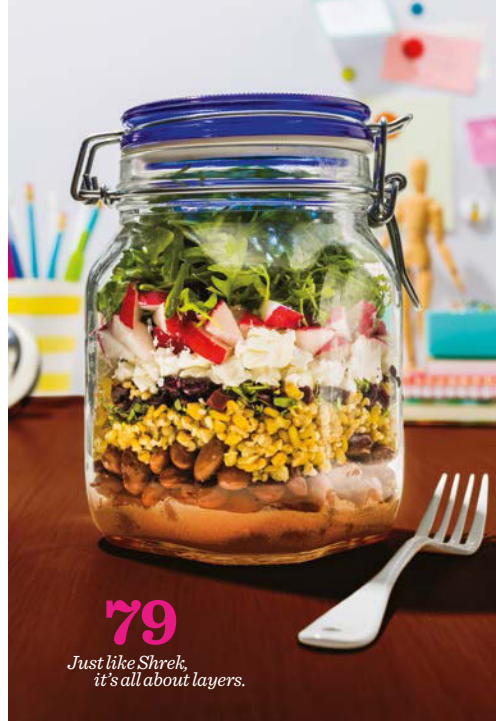
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Need more support  
at work?



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Just like Shrek,  
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Drizzle and dip.

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It's crunch time!

CLOCKWISE FROM LEFT: GARRETH BARCLAY; RIANA VOGEL; ZACH DESART; JAMES GARAGHTY



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# READY, SET, GO!

**I've always had** a soft spot for *Women's Health* – in fairness to the mag, it should probably be a “hard” spot, but such is life. As a reader I never failed to be equal parts turned on and pumped up by the promise of the cover lines. Show me the woman who can resist “Total Body Hotness” – it certainly was never me. Like the rest of you, I’m always hooked by the promise of perfection in my somewhat-messy, somewhat-disorganised life. And, that’s okay. In fact, that’s the whole point.

I figure that as long as we’re being real about being the happiest, healthiest versions of ourselves that we can be, then we’re pretty much there – perfect or not. And that means different things to different people.

At the WH HQ alone, everyone seems to have a different thing that gets them buzzing – whether it’s senior copy and food editor Amy’s inspired office lunches (seriously, follow us on Instagram for major food envy of the most virtuous kind) or our digital ed Tamar’s killer CrossFit routines. For me, this promise of perfection has heralded a year of huge change – new job, new home, new city, new friends, new schools...

Fortunately, I’m ideally placed to benefit from an issue that is absolutely jam-packed with advice – whether it’s new-season workwear or a hot fitness routine. I’ll confess that, being a bit of a slacker who is now using all this *mah-jor* upheaval as the best reason in the world to take it easy, I fell on this month’s fitness feature, “Fix Your Trouble Spots” (p61), with a quiet high five (not my coolest moment, I’ll admit).

What could possibly be better, I reasoned, than being able to take one simple fitness test and then build a customised workout that’s bang on? It’s just the kind of super-efficient, smart, time-saving feature that excited me about this magazine. Of course, if anything is going to inspire you, it has to be our reader, Cecile Cotty, who walked – yes, walked! – off a whopping 46kg (p86). Being someone who changes my mind about exercise routines as often as I change shoes – honestly, I have tried everything! – I can’t imagine the self-discipline it would take to slowly and steadily walk off the kilos, but it’s incredibly inspiring to see how her efforts have been rewarded!

Someone else who’s being rewarded for her efforts is our cover-star Britney Spears. It’s hard to believe that it’s been 16 years since she hit the red carpet circuit in top-to-toe denim with a chart-topping single (feeling old, yet?). Today, with a Las Vegas residency – that means concerts every night – she’s in the best shape of her life. And, she did it all without the help of a trainer – just sheer, sweat-drenched hard work. She kept a workout diary for us, so you can follow her cardio routine too (p36).

Until next month,

Danielle

DANIELLE WEAKLEY  
Editor

[@DanielleWeakley](#) [@danweakley](#)



*This month, WH will help you...*

## **FIX YOUR TROUBLE SPOTS.**

“My hamstrings are really lousy. They’re notorious for getting tight and are responsible for a lack of PBs. While testing out the moves in ‘Fix Your Trouble Spots’, page 61, I learnt how to strengthen them and how to tighten and trim other attention-seeking limbs.”

**SENIOR FEATURES WRITER**  
GOTLHOKWANG ANGOMA

## **TAKE THE EDGE OFF PMS.**

“I suffer from PMS bloating and (sometimes really painful) period cramps. While editing ‘Hellish Period? Not Anymore’, page 71, I learnt that an OTC calcium supplement can alleviate my PMS symptoms. Studies prove it – even if the scientists aren’t sure *how*...”

**SENIOR COPY AND FOOD EDITOR**  
AMY RANKIN

## **TELL WHEN IT’S TIME TO TOSS YOUR FITNESS GEAR.**

“I have a big stash of sports bras and was shocked to find out that they have an expiration date. Thanks to the article ‘The Circle Of Life’, page 68, I now know they only last for one year. Time to go bra shopping!”

**DIGITAL EDITOR**  
THAMAR HOULISTON

## **MAKE A PERFECT ALL-DAY CRUNCHY SALAD-IN-A-JAR.**

“I usually make salads for lunch, but the dressing often leaks in my bag and turns the leaves to mush. While proofing ‘Power Lunches’, page 79, I learnt that by layering, and placing the dressing at the bottom, I can avoid *pap* lettuce and spillage!”

**ASSISTANT EDITOR**  
WANITA NICOL





*Shot at Smashbox Studios L.A.*

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# CLARINS





**Confidence boost**  
The article "Big, Bangin' Confidence" in the December issue is both interesting and motivational. **Kaley Cuoco-Sweeting** is the perfect example of a woman who believes in herself. It's common to find women imitating others and that's what prevents them from reaching their full potential. The secret of success is to follow your passion and work hard to achieve your goals. Believing in yourself will help you unleash the gem in you.

We all have special talents. No one's talent is better than another's. The difference between them is how they are nurtured. So stand up and walk tall.  
– *Matome Kubu, Pretoria*

**Helping hand**  
My boyfriend buys *Women's Health* for me every month, knowing how much I enjoy reading it. "Secrets Of Ultimate Body Confidence" in the December issue brought tears to my eyes as I reflected on the internal fight I've had all my life! Thank you for the encouraging articles and advice, which are real and attainable. Reading

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## We Hear You!

### WINNING LETTER Making the cut

I picked up my first *Women's Health* in December – Kaley's hairstyle caught my eye, as I'd been really tempted to chop off my below-the-bra-length hair. On the drive home, I ripped open the issue and was glued. I don't get that much reading time and mags don't often keep my attention, as they all seem to have repetitive tag lines, relationship advice that's just silly and diet ideas that seem plain ridiculous. I thought that it may just be a phase – a new mom, enjoying a little quiet time with a glossy mag. But nope, I bought the Jan/Feb issue and haven't put it down either.

Like Kaley, I chopped my hair into a "lob" and I love it; it's the best decision that I could have made to start the year. In the Jan/Feb issue, I was most inspired by the five women who each lost 50kg – wow ladies! And exercise that I can do in my pool? Perfect! Truth is, I'm not the healthiest woman and, until recently, I had no motivation to get off my butt. But having a child changes that – you want to be able to play and dance without feeling like you need an oxygen tank to find your breath. I have a long journey ahead of me, but it sure is a special one when you have so much inspiration! Thank you! – *Megan Kelly Botha, Port Elizabeth*

**Score those goals**  
I'm new to *Women's Health* (I've spent the past three years in Europe) and I'm delighted with the quality and range of articles in the magazine.

For me, New Year's resolutions start well, but, by the end of January, I've either forgotten or given up. However, I've recently tried to set more realistic goals. The result? I achieved my goal before the deadline I set myself! This small win motivated me to take on the long-term challenge

of a more active and healthy lifestyle and your calendar in the Jan/Feb issue gave me the practical tools I needed. I added some of the exercises on the pages to my daily routine to build my strength and used the calendar section to mark my daily progress. It's so easy and I've already dropped extra "baggage" that I gained over the festive period, using the calendar to remind me of my commitment to myself. Being able to make notes on

the calendar makes it harder to miss out on a day – because then everyone will see it! Thank you for a great magazine!  
– *Karin Dames, Stellenbosch*

Drop us a line at [TellWH@WomensHealthSA.co.za](mailto:TellWH@WomensHealthSA.co.za). Please include your full name and the city in which you live.

## WRITE IN AND WIN!

The writer of this month's winning letter receives a bottle of **Escada Joyful**, a scent revealing fresh pink peony and dewy white florals, capturing the moment of joy you feel when receiving a beautiful bouquet of freshly-cut flowers.







SHE'S IN

# VOGUE

eyewear

Adriana Lima in Buzios, Brazil.

[VOGUE-EYEWEAR.COM](http://VOGUE-EYEWEAR.COM)





### Is it true magnesium is a natural sleeping aid?

People with enough magnesium in their diet may have less trouble sleeping, according to a study from the *Journal of Research in Medical Sciences*. That's because the mineral is integral to the function of the neurotransmitter that helps the brain shut off at night. Magnesium-rich foods like nuts, seeds and whole grains do the trick, says neurologist and sleep expert Dr William Winter.

### What exercises do you suggest for legs (with spider veins), to improve circulation and toning?

"People with varicose veins need to have moderate exercise as opposed to more strenuous forms, such as high-impact aerobics, jogging, cycling or other activities that increase the blood pressure in the veins," says WH fitness expert Dr Paola Wood. "Try walking, weight training, low-impact aerobics and swimming. The secret is consistent, regular exercise following gradual weekly progression of 10 percent in intensity, duration or frequency."

### I eat healthily and exercise, but I've hit a plateau and would like to lose another five kilos in four weeks before my wedding. Any specific diet I can look at?

Shedding five kilos in a month will be challenging and there is no miracle diet that will make this easy. "Reduce what you eat by a third," advises WH dietician Dr Celeste Naudé. "Set up your environment for success – don't keep any high-energy, unhealthy snacks in your home or office. Ban any drinks that contain kilojoules, including alcohol (tea and coffee with milk are fine). Alcohol often increases appetite, while at the same time lowering inhibitions and resolve. Increase your activity levels by doing cardiovascular exercise and strength training."

•  
Just  
call it  
vitamin  
Zzz.

# ASK the GUY NEXT DOOR

• TUDOR CARADOC-DAVIES



Q

*When I'm on my period, I'm super-aroused all the time. Any hope of convincing my man that period sex is great?*

Of course there is. For starters, tell him it's one more week in the month that he can have sex.

Next up is dealing with any issues he may have around what's going on with your body. Whether it's through watching too many *ER* episodes, a religious aversion (the three big religions haven't exactly been fond of menstruation over the centuries) or just not being used to it, he needs to come to terms with what's going on at ground zero. In terms of what not to do, you've got some natural lube going on, so oral stimulation is not necessary and only light manual stimulation is recommended. Lay down towels and enjoy! Otherwise, shag in the shower – no mess, no fuss! Plus, having sex during your period may help you with cramps and headaches. Like the Incredible Hulk, your chap would like to keep you as happy as possible.

**Should I bring up the potentially awkward "Have you been tested?" question pre-romp, or do it at a fully-clothed time?**

Find out all that stuff (ask, get tested, share) before bumping uglies. But that does sort of



For other weird period maladies, turn to page 71.

assume that every sexual encounter follows some kind of fairy tale process. Do we – randy, young, possibly drunk – people always do as we should? No. While it's a good idea to ask that question early on, people don't always do so, because: A) you may not be sure where the dating/relationship is going;

B) you don't want to put too much pressure on what could be a beautiful fledgling romance; C) well, you just don't wanna.

But then, suddenly, things fast-forward and boom, you're both naked. If that's the case then you need to stick to your guns and wait – perhaps engage in some mutual manual indulgence to get each

other off – until you both know what you need to know from each other. The bonus is, once you know and are happy with the results, it's floodgate time! In the meantime, stay strong, stay smart.

**I've always had a ton of guy friends, but all of a sudden my husband acts really bothered by it. What's up?**

Over and above what our senses tell us, we pick up on (or at least, we think we pick up on) other signals. If your previously calm husband is suddenly being odd or reactive, there is a catalyst somewhere.

Your chap may have got a vibe from one of your guy friends (perhaps he was staring deeply at your bottom at a braai). Or it may be something your hubby picked up years ago. I don't doubt that, at some stage, some of your male friends have entertained carnal thoughts about you. Also, check that you aren't spending too much time with them over your husband. Lastly, it could have nothing to do with the guy friends and, instead, be related to stress elsewhere in his life. Best thing you can do is chat with him about it and get to the source of the problem. ■

## Safe Or Not?

REUSING AN ONLINE PASSWORD



It's fine for sites that don't store important personal info, such as Pinterest. But, for those that do (like your bank account), it will give hackers easier access to your money and your life, says Bruce Schneier of Harvard University Berkman Centre for Internet and Society.

## YOUR 2c

Here's what you had to say about these hot topics:

**Would you change the type of underwear you wear, if your partner asked you?**

**32%**  
I'd change some and keep my granny panties for Sundays.

**52%**  
As long as he takes me on a lingerie shopping spree.

**10%**  
What's the point – he's just going to take them off anyway, right?

**6%**  
Not a chance! I love my teddy-bear cotton briefs.

**What would you do if your man farted during sex?**

Pretend it didn't happen.  
**19%**

Get completely put off and stop the act. #gross  
**4%**

Laugh out loud... and carry on.  
**77%**

**Your partner doesn't like your shade of lipstick, but you love it. Do you...**

Stop wearing it – after all, your partner's the one who'll be smooching you.

**15%**

**85%**

Keep wearing it, even if you only do so on a girls' night out.





## FRESH AIR, INDOORS

Don't let your beauty go up in smoke: benzene (a sooty chemical residue released from the waxy paraffin base of many types of lit candles) may bring on wrinkles before their time, says a new study. A healthier way to scent your space? Make your own room spray by soaking orange peels in water, suggests integrative physician Dr Frank Lipman. Other ideas: put out bowls of fresh herbs like rosemary and sage, or invest in a diffuser to use with any pure essential oil. Your room will smell fresh... and your face may benefit too.

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YOUR HEALTH.

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# “PERFORMANCE”

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# twenty

PERCENTAGE OF WOMEN AGES 20 TO 39 WHO REPORT HAVING HEARING LOSS. LOUD MUSIC, A NOISY ENVIRONMENT AND CERTAIN MEDS (INCLUDING SOME ANTIBIOTICS) CAN DAMAGE YOUR HEARING. GET YOURSELF SCREENED IF YOU THINK YOUR SOUND SYSTEM COULD BE DIMMING Source: NIH



## THE HARD (PLASTIC) TRUTH

You know the chemical bisphenol A (BPA), which is used to harden plastic, can mimic oestrogen and has been linked to obesity, diabetes, heart disease and cancer. But **your stockpile of BPA-free products may not be totally safe for you either**, reports a US study. Researchers tested 18 BPA-free cups and found that nearly all of them contained synthetic oestrogens. Ugh! Translation: the chemicals used to replace BPA may also leach into your food and drink, and produce hormone-like effects. Safest bet? Glass or stainless-steel bottles and storage containers, like Consol jars.

### THIS JUST IN *Kick Ash*

Smokers may believe that puffing away helps them relax, but it turns out that people who kick the habit feel less anxiety, depression and stress compared with those who don't quit, reports the *British Medical Journal*. In fact, for those with depression, giving up cigs eventually lifted their mood as effectively as taking antidepressants. Not smoking for a few hours creates withdrawal symptoms similar to stress – and yes, the symptoms go away when you light up again, but “once you break this cycle, your mental health improves, typically within six weeks,” says study author Dr Paul Aveyard.



Heat increases the health risk, so always hand wash your plastic.

### WHAT IS IT?

**obstructive sleep apnoea** \uhb-struhk'-tiv sleep ap'-nee-uh \n. A sleep disorder that causes brief pauses in breathing and may up your osteoporosis risk, since oxygen deprivation can weaken bones. If you're always tired, snore loudly or wake at night gasping, see your doc. Source: *Journal of Clinical Endocrinology and Metabolism*

CLOCKWISE FROM LEFT: GALLO IMAGES/GETTY IMAGES.COM; GREATISTOCK/CORBIS; ISTOCKPHOTO.COM



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FOR  
SUSTAINABLE  
SEAFOOD  
MEALS, TURN  
TO PAGE 136.

# 500

PERCENTAGE  
INCREASE PER  
CAPITA, IN ARTIFICIAL  
FOOD DYE USE  
FROM 1950 TO 2012.  
BAD NEWS, SINCE  
CERTAIN SYNTHETIC  
PIGMENTS ARE  
LINKED TO ALLERGIC  
REACTIONS AND EVEN  
CANCER. TO PROTECT  
YOURSELF, SKIP  
ANYTHING WITH  
MAN-MADE DYES  
LISTED BY NAME AND  
NUMBER ON LABELS.  
BUT GET THIS: THE  
WORDS "COLOUR  
ADDED" CAN SIGNAL  
NATURE-DELIVERED  
HUES (LIKE PAPRIKA  
AND BEETROOT JUICE)  
NOT BELIEVED TO  
CARRY THE SAME  
HEALTH RISKS  
Source: *Clinical  
Paediatrics*

## GO FISH

Scoot on over to the seafood counter: people who ate the most protein every day – especially from fish – were 20 percent less likely to have a stroke compared with those who ate the least, reports the journal *Neurology*. Aim for 46g of protein daily (about the amount in 85g of salmon, two eggs, one cup of cooked quinoa or one cup of fat-free milk). Try to limit red meat – although rich in protein, it's also high in saturated fat and cholesterol.

### SHORT ANSWER

## Watercress

This peppery-tasting veg packs more nutrients per kilojoule than spinach, kale, broccoli and other veggies. Add the leafy green to omelettes, stir-fries or salads for a swift kick of iron, riboflavin, niacin, folate and vitamins B6, B12, C and K.

Source: Centres for Disease Control and Prevention

## ← GOOD SPIRITS

Vinegar is more than Grandma's household-cleaning go-to. When added to your diet, the fermented liquid can help fend off the effects of diabetes and help prevent obesity, certain cancers and heart disease, reports the *Journal of Food Science*. It's also been shown that acetic acid – the stuff in vinegar that makes your mouth pucker – may lower cholesterol, reduce high blood pressure, decrease appetite and help control blood-sugar levels. Ryan Hutmacher, CEO and founder of culinary firm Centred Chef, suggests how to cook with four popular varieties:

### RED WINE

Add a few teaspoons to tomato-based sauces before serving, to add depth and a little brightness and to bring out flavours.

### SPARKLING WINE

Mix 2 tbsp with ½ tsp Dijon mustard, 1 minced garlic clove, ¼ cup extra-virgin olive oil, salt and pepper. Use to dress a salad for four.

### BALSAMIC

Bring 1 cup to a boil with a pinch of cloves and cinnamon, then reduce by half. Drizzle over baked sweet potatoes.

### SHERRY

Reduce 3 tbsp with 1 tbsp extra-virgin olive oil, 1 minced shallot and 1 garlic clove over medium heat. Spoon over sautéed veggies.

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SBE04/15/E



• Till debt us do part...



## WEDDING BLISS

If you're tying the knot soon, you're probably on cloud nine right now. But have you considered your financial future?

According to Wikus Olivier, a debt counsellor at Debtsafe, money is often the reason marriages break down. Solution? Go through this to-do list before your nuptials:

1

KNOW EACH OTHER'S EXISTING DEBT FROM THE POINT OF SITTING DOWN TO DISCUSS YOUR WEDDING. THIS WILL ALLOW YOU TO ESTABLISH HOW MUCH YOU, AS A COUPLE, ARE LIABLE FOR IN REPAYMENTS.

2

COMMUNICATE OPENLY ABOUT LIVING EXPENSES YOU FEEL ARE ABOVE YOUR MEANS. DON'T TAKE ON EXPENSES YOU CAN'T AFFORD, AS YOU'LL END UP GETTING INTO (MORE) DEBT - STRESSFUL IN THE LONG RUN.

3

START SAVING EARLY FOR YOUR HOUSE, CARS AND CHILDREN'S EDUCATION. YOU WON'T WANT TO FEEL UNDER PRESSURE TO TAKE OUT LOANS YOU CAN'T AFFORD WHEN IT'S TIME TO PURCHASE ESSENTIALS.

4

STICK TO YOUR BUDGET WHEN PLANNING THE WEDDING AND HONEYMOON. NEWLYWEDS OFTEN SPEND THE FIRST FEW YEARS OF THEIR MARRIAGE REPAYING WEDDING DEBT, WHICH CAN PUT A STRAIN ON ANY RELATIONSHIP.

### SHORT ANSWER

## Emergency Fund

A way to ensure you're covered in an unexpected emergency. You should have banked at least six months of net income, says Aneesa Razack from FNB Savings and Investments, but don't be discouraged if you can't save huge lump sums. "Regular savers benefit from earning interest on interest, called compound interest, which in turn boosts their savings despite putting away small amounts initially." And where should you store your cash? The two essentials are: immediate access and a low-risk product. Razack recommends cash-based savings or investments, but check what fees apply.



# 100

NUMBER OF TELEMARKETING COMPANIES THAT HAVE BEEN BLACKLISTED FOR ILLEGALLY DEBITING CONSUMERS FOR GOODS AND SERVICES NOT PROVIDED, OR FOR FRAUDULENT TRANSACTIONS. KNOW THAT BANKS CAN REVERSE THE TRANSACTION IF YOU LODGE A COMPLAINT WITH THEM WITHIN 40 DAYS

Source: Payments Association of South Africa (PASA)

### THIS JUST IN

## All You Need Is One (Sure) Thing

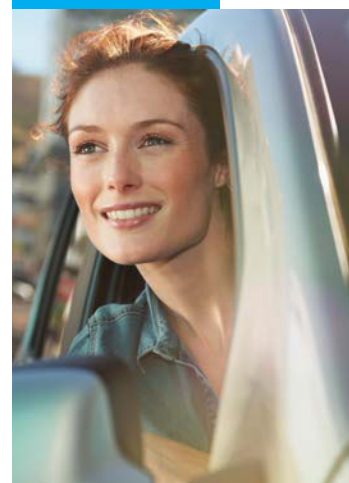
A smart way to save money on your insurance?

Use one insurer.

Insurers usually offer customers discounts if they use them to cover their home and/or multiple cars. The reason for this is because the fixed costs of maintaining your records and carrying out customer service are needed for the first policy, making additional policies less costly.

Natasha Kawulesar from OUTsurance adds that having all your insurable assets at one company makes it easier for you to manage your portfolio. You can then decide if you need to amend your cover, just by looking through one schedule.

GALLO IMAGES/GETTY IMAGES.COM; ISTOCKPHOTO.COM (PIGGY BANKS)



# YOUR HELLO WAKE-UP KICK FOR A RADIANTLY FRESH LOOK



**NEW**

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AND SKIN'S OWN Q10**







### WHAT IS IT?

**sclerostin** \skleer'-uh-stin\ *n.* A protein that inhibits bone formation. Active women have less of it in their bloodstream and higher levels of a compound that bolsters bone health. The combo decreases your risk of getting fractures and helps prevent osteoporosis later in life. Source: *Journal of Clinical Endocrinology and Metabolism*

### THIS JUST IN

#### Exercise High

One possible reason for your post-sweat buzz? Lactic acid, which fuels muscles during workouts. In the brain, it also triggers the release of the feel-good neurotransmitter norepinephrine, reports a *Nature Communications* study. Exercising near your lactate threshold (an effort level of eight out of 10) can help fight conditions like depression that may be linked to norepinephrine deficiencies in your body.

## GIVE DIABETES A ONE-TWO PUNCH

Need (another!) reason to pump some iron? Research in *PLOS Medicine* suggests that strength training for at least an hour a week slashes a woman's risk of developing type-2 diabetes by 28 percent. To up the odds, tag team aerobic and resistance exercise. Two-and-a-half hours of cardio and at least an hour of strength training per week can cut your risk by two-thirds, says study author Dr Anders Grøntved.

# three

PERCENTAGE INCLINE ON THE TREADMILL THAT BEST SIMULATES OUTDOOR HIKING

Source: *Journal of Strength and Conditioning Research*

### Weird It Out

Recent research suggests these unusual and simple moves can help you get more out of your workout.

► **Grunting** By helping stabilise your core, it may help you hit that tennis ball further or lift heavier weights, says the *Journal of Strength and Conditioning Research*.

► **Miscounting** The trainer who says you have 10 reps left and then counts to 12 is decreasing the intimidation factor, according to *Medicine and Science in Sports and Exercise*. DIY by counting reps with your exercise buddy – but don't tell each other how many to aim for.

► **Pregame ritual** A before-workout habit (like listening to a certain song or eating the same snack) can enhance performance by reducing anxiety and increasing your sense of control, says Harvard Business School researcher Dr Alison Wood Brooks.

•  
*Weird  
can get  
you  
wired.*



FROM TOP: ISTOCKPHOTO.COM; SEAN LAURENZ

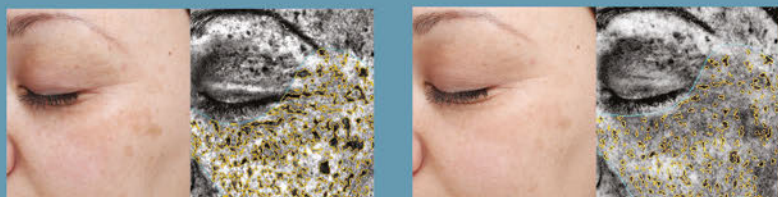
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\*Actual results may vary.

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## WATCH YOUR WORKLOAD

Job weighing you down? People who clock more than 40 hours a week, or people who feel threatened, bullied or harassed at work are more likely to be obese than other employees, reports the *American Journal of Prevention Medicine*. This may be true in part because stress from a hostile environment can make you crave junk food and trigger hormones that increase fat deposits, and because marathon work days could shrink your gym time, says study author Dr Sara Luckhaupt.

# 38

PERCENTAGE OF SOUTH AFRICAN WOMEN WHO CONSIDER THEMSELVES OVERWEIGHT. TRUTH IS, 42 PERCENT ARE. NOT SURE? CALCULATE YOUR TARGET RANGE AT [BMI-CALCULATOR.INFO](http://BMI-CALCULATOR.INFO)

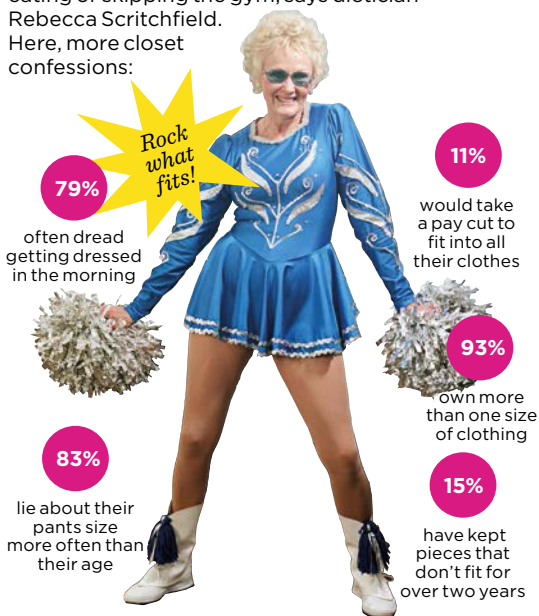
Source: Women's Health survey and The Lancet



Don't reach for sugar-coated comfort.

### Clothes-Minded

A survey reveals that 68 percent of women hold on to clothes that are too small for them – a mood-tanking move that can lead to over-eating or skipping the gym, says dietician Rebecca Scritchfield. Here, more closet confessions:



### THIS JUST IN *Slimming 'Shrooms*

They're not only good for your waistline (as filling as meat, with fewer kilojoules), they're good for your health too. "Mushrooms are virtually fat-free and high in fibre," explains Dr Martmari van Greuning, a Pretoria-based scientist and expert on mushrooms. Studies have found that eating more of these delicious fungi may prevent heart attacks and strokes.

### WHAT IS IT?

**whey** \wey\ n. A type of protein found in dairy foods and supplements that may help trim and tone your body. Research found that people who ate whey, in place of other kilojoules, shed weight. It may also increase muscle, say scientists. An adult woman needs about 50g of protein per day – go leaner by getting some of that total from whey protein powder (about 24g per scoop), yoghurt (five grams per half cup), or milk (eight grams per 235ml, or one cup).

Source: Journal of the American College of Nutrition

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BR03/15/E





Cover  
Exclusive



# Stronger Than Yesterday (*Or Ever!*)

It's Britney, bitch! In the best shape of her life, no less. And – true story – she sculpted this bod without a personal trainer or diet coach. Steal a page (or two) from the singer's workout journal and unleash your own kind of fierce

BY LORI MAJEWSKI

PHOTOGRAPHS BY JEFF LIPSKY

Let's be honest: most of us have been watching Britney Spears grow – and shrink, and grow – from the time the *Mickey Mouse Club* star gave the world a glimpse of her teenage tummy in the “...Baby One More Time” video 16 years ago (yes, we feel old too). Since then, the Mississippi native has had babies of her own: Preston (nine) and Jayden (eight) – their father is ex-husband Kevin Federline – and her body has gone back and forth between MTV-ready and mama-real.

But, before Britney's arrival at the set of her *Women's Health* photo shoot, her longtime manager, Larry Rudolph, mentioned that she was in probably the best shape of her life, and here it is: living proof.

The 33-year-old's abs are enviably cut; her arms, sculpted; her legs, lean and defined. And while the petite powerhouse (she's 1.63m) is not the biggest fan of her behind – “I wish it was smaller,” she tells us – most women probably wouldn't mind trading butts. >





"I MEDITATE, BUT I END UP FALLING ASLEEP! I'M EITHER GOING WILD IN MY HEAD OR I'M ASLEEP."

It seems that lately Brit's been listening to some of her own lyrics: "You wanna hot body... Look hot in a bikini... You better work, bitch!" Even during a five-week break from her "Piece of Me" show – her several-nights-a-week residency at Planet Hollywood Resort and Casino in Las Vegas, which Brit confirmed towards the end of last year will be extended until 2017 – she's kept up her turbocharged fitness regimen. All this, while simultaneously launching a new sleepwear line and promoting her 17 fragrances – her latest fragrance is called Rocker Femme Fantasy. "After I had Jayden, it was easy for me to get back in shape," she says. "But, five years later, I started noticing changes in my body. My hips are a little bit wider because I've had kids, so it was crucial for me to be consistent with my exercise."

This is where we usually tell you about the fabulous personal trainer Britney hired to put her through some hellacious boot camp. Not this time: outside of attending group fitness classes and yoga sessions, the only full-time coach on duty these days is Britney. Daily exercise "is important for me both mentally and physically," she says. "I don't mind working out. Trainers keep you motivated, but I didn't have a problem being motivated." So, she figured, why not cut out the middleman?

A trainer isn't the only man Britney has cut out of her life. Last year she split with her boyfriend of about 18 months, David Lucado, who'd allegedly been caught on video kissing another woman. Britney bravely kept her 90-minute all-singing, all-dancing extravaganza on track rather than cancel some shows to cry into her pillow. "The best thing about your boyfriend cheating on you is that you get to go on another first date," she announced to her screaming Vegas audience.

That she did: at press time, Britney was dating producer Charlie Ebersol. We hope he enjoys tennis, hiking, swimming, downward dog, dancing and traipsing around Disneyland with the kids! Britney does all that – and more – to keep herself in stage-worthy shape.

Want all the deets? Read on for the two-week workout journal she kept exclusively for WH, plus bonus snippets from her interview.

# 14 DAYS OF FIT WITH BRITNEY

## **DAY 1** **Cardio and light weights for 45 minutes**

"Heading to my [home] gym to kick off my week right. I like my workouts to be effective in a short amount of time. I start with 20 minutes of intense cardio – usually running – move on to light free weights, body-weight exercises such as push-ups, squats and sit-ups, then finish it off with a stretch."

## **DAY 2** **Totally Drenched at Drenched Fitness for an hour (try S.W.E.A.T. 1000 in SA; Sweat1000.com)**

"I love this class. It's high-energy and combines treadmill work with circuit training. Being in a group setting pushes me to work harder."

## **DAY 3** **Swimming laps for 30 minutes**

"Forty laps down! Swimming always gets my heart rate up."

## **DAY 4** **Totally Drenched for an hour**

"It's a good thing I had a smoothie for breakfast! Some days I need that extra energy to get through the third set."

✦ Britney tells us she sips a blend of milk, ice and meal-replacement shake mix before workouts.

## **DAY 5** **Dance rehearsal for 90 minutes**

"We're on a break from my Vegas show, but I like to run through the choreography to keep it fresh in my mind. Chase and

Nikky (two of my dancers) are coming over to rehearse with me."

## **DAY 6** **Totally Drenched for an hour; swimming laps for 30 minutes**

"Time to kick it into overdrive: two workouts today. I feel amazing. Swimming really relaxes me after doing that super-high-energy workout at Drenched. I'm going to sleep well tonight!"

## **DAY 7** **Light weights and cardio for 45 minutes**

"Got up early and made scrambled egg whites and toast before I hit my home gym."

## **DAY 8** **Power yoga for an hour**

"Can't wait to get my yoga on. My hamstrings were tight, so I spent a little extra time in downward dog."

✦ As if you needed more proof that Brit's still got it: "My kids go to gymnastics, and the other day I was like, 'I want to see if I can still do my back handspring.' I actually did it!"

## **DAY 9** **Totally Drenched for an hour**

"I love how I feel stronger and stronger the more I do this class."

## **DAY 10** **Swimming laps for 30 minutes; hiking in Malibu for an hour**

"Hitting the pool to get in my laps, then a hike in Malibu. The scenery makes the time go by quickly. I always forget what a great workout hiking is until I get home and my legs are sore!" >



## The Sexy List

Britney shares what really turns her on

1

**"Wicked Game"**  
by Chris Isaak  
"It's one of the sexiest songs of all time."

2

**Smoky eyes**  
"I look younger with no make-up, but I feel more put-together when I wear some."

3

**Country music**  
"I love Miranda Lambert and Lady Antebellum. Country is really romantic."

4

**Flip-flops**  
"I love flip-flops, [with my toes] embracing the fresh air, being exposed to the sunshine."

5

**Buttercup Corset**  
from The Intimate Britney Spears sleepwear line  
"It's feminine and feels vintage."  
IntimateBritneySpears.us



**LIKE IT?**  
Find similar bodysuits, from R399, Distraction by Woolworths

"DANCING IS A GREAT CARDIO WORKOUT - TOUGH AND FUN AT THE SAME TIME."







"I'm really into raw food – sushi, basically," says the superstar. For snacks, she reaches for Nut-Thins (In SA, try Vital Multigrain Rice Cakes, R27 for 180g) and "any kind of fruit" – preferably peaches. The one indulgence she won't ditch? "I love sweet tea!"

#### DAY11

### Totally Drenched for an hour

"Hit a wall this morning – it's been 11 straight days of working out, and I'm tired! But I powered through the class and feel great."

#### DAY12

### Running around Disneyland with Preston and Jayden

"Stretched in my bedroom when I woke up this morning.

Preparing for an entire day outdoors! Note to self: comfortable shoes are a must on days like today."

#### DAY13

### Totally Drenched for an hour; swimming laps for 30 minutes

"Doing a repeat of last Saturday's workout."



We think Brit looks *abs*-olutely fabulous, but she's hard on

herself: "With all I'm doing, I feel I should be way more cut than I am right now. I guess you'd have to be like Madonna and work out six hours a day to be that defined!"

#### DAY14

### Light weights and cardio for 45 minutes

"I slept in this morning. The busy week and hot sun kind of took it out of me. Looking forward to the peacefulness of my gym workout."

## The Secret Weapon She Swears By?

The Totally Drenched class at Drenched Fitness in the US. "If I want to feel like I'm really sweating, that's what I do," Britney says of the 60-minute high-intensity interval training (HIIT) class created by trainer Julie Kennington. Get a taste of it with this 15-minute treadmill routine:

### 2 MINUTES

■ **Warm up** with a walk or slow jog at a one-percent incline.

### 1 MINUTE EACH

■ **Jog** at a two-percent incline.

■ **Run** at a two-percent incline.

■ **Fully recover** – walk until your heart rate returns to normal – at a two-percent incline.

### 30 SECONDS EACH

■ **Run an all-out sprint** – as fast as you can, safely – at a two-percent incline.

■ **Fully recover** at a two-percent incline. Note: if it takes longer than this to bring your heart rate down, that's fine.

■ **Sprint** at a three-percent incline.

■ **Recover** at a three-percent incline.

■ **Sprint** at a four-percent incline.

### 1 MINUTE

■ **Recover** at a two-percent incline.

### 2 MINUTES

■ **Jog** at a two-percent incline, then increase the incline by two percent – two, four, six, eight – every 30 seconds.

### 1 MINUTE

■ **Recover** at an eight-percent incline.

### 30 SECONDS EACH

■ **Jog** at an eight-percent incline.

■ **Run** at a four-percent incline.

■ **Sprint** at a two-percent incline.

### 1 MINUTE

■ **Recover** at a two-percent incline.

#### WH Online

Visit [WomensHealthSA.co.za/fitness](http://WomensHealthSA.co.za/fitness) to check out Britney's full-hour workout adapted for WH





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# style+beauty lab





## IT'S IN THE BAG

*Be it a daytime clutch or leather satchel, get the size that fits your day-to-day necessities... only.*

[Left to right] Ariel: Shirt R599, *Jenni Button*; skirt R2 699, *Tiger of Sweden*; Prada frames R2 402, *Luxottica*; Tomato watch R499, *S Bacher & Co*; Paul's Boutique handbag R799, *Stuttafords*; Diamond heels R1 990, *Europa Art*

Joelle: Cape dress R1 299, *Witchery*; Carvela handbag R2 995, *Spitz*

Ansellia: French Connection top R1 100, *Stuttafords*; pants R559, *Zara*; necklace R449, *Accessorize*; bracelets R270 for set of two, *Zuri*; clutch R450, *Colette Hayman*; heels R2 590, *Europa Art*

# WORK **i**T

Up-to-date office attire and beauty essentials that will help you land – and keep – the job

BY MARI GROENEWALD | PHOTOGRAPHS BY GARRETH BARCLAY





[Left to right] Joelle: Charter Club shift dress R800, *Edgars*; Swatch wrap watch R1 390, *Swatch Group*; heels R479, *Madison*  
Ansellia: Adam & Eve dress R550, *Spre. co.za*; Tempo watch R649, *American Swiss*; heels R599, *Call It Spring*

Ariel: Dress R599, *Urban.Degree*; Swarovski frames R3 375, *SDM Eyewear*; Victorinox Swiss Army Alliance watch R6 195, *Picot & Moss*

Avon Hollywood Collection  
Glimmerstick Flick Eye Liner  
in At The Flicks (R100)

*Beauty Bests* The latest colours and products to complete your look

Bourjois Rouge  
Edition Velvet in  
11 So Hap' Pink (R126)

Essence Lash  
Princess  
Volume  
Mascara in  
Black (R64)\*

Smashbox  
Full Exposure  
Palette (R895)



# POWER DRESSING

*These dresses find the sweet spot between feeling feminine and looking like you mean business.*

**TIP:**

*If you're in a hurry, throw on a dress – it's much quicker than donning a pantsuit – and use your free minutes to apply make-up at home and not while driving.*



V-neck shift dress  
R899, *Ronald Sassoon*



Shift dress  
R1 499, *Polo*



Layered  
dress R999,  
*Witchery*



Panelled skater  
dress R1 900,  
*Ted Baker*



Belted dress  
R1 199, *Trenerly*



Peplum  
dress R380,  
*Foschini*





**TIP:**  
*Balance the season's  
 boxier shapes with  
 streamlined bottoms.  
 This way you won't  
 feel like a "square".*

[left to right] Joelle:  
 Blouse R1 899, *Jigsaw*;  
 jacket R1 799, *Jenni  
 Button*; pants R659,  
*Zara*; Frédérique  
 Constant watch  
 R31 995, *Picot & Moss*

Ariel: Cross-back cami  
 R599, *Witchery*; jacket  
 R1 099 and pleather  
 pencil skirt R649,  
*both River Island*

Ansellia: Top R500,  
*Kingsley Heath*; jacket  
 R2 999, *Jigsaw*; pants  
 R3 199, *Day Birger  
 et Mikkelsen*; Michel  
 Herbelin watch R11 950,  
*Luxco Importers*

*Beauty Bests* climate-specific skincare



Decléor  
 Life Radiance  
 Double  
 Radiance  
 Cream (R615)



Black Pearl  
 Face Mousse  
 Cleanser (R547)



Nivea Q10 Plus Anti-  
 Wrinkle Day Cream  
 SPF 15 (R150)

# JACK(ET) OF ALL TRADES

*Your cover-up says as much about what you do as what kind of climate you find yourself in. A light kimono makes you look more relaxed, while a sharply structured blazer seems serious.*



Peplum jacket R229, Fashion Express



Patterned jacket R3 599, Scotch & Soda



Striped blazer R399, Cotton On



Military chino jacket R2 299, Polo



Tuxedo blazer R1 499, Forever New





[left to right] Ansellia: Kelso gilet R500, *Edgars*; skirt R449, *Urban Degree*; Ice watch R1 200, *Luks Group*; Melina heels R1 390, *Europa Art*

Joelle: Dress R699, *Sissy Boy*; Daniel Klein watch R795, *CJR Gift Sales*; heels R1 699, *Aldo*

Ariel: Dress R1 599, *Mari and Me*; Swatch watch R1 600, *Swatch Group*; heels R799, *Ronald Sassoon*

Beauty Bests Nail the look with these polishes



Wet n Wild  
Wild Shine Nail  
Colour in Red  
Red (R25)\*\*



Morgan Taylor  
Professional  
Nail Lacquer in  
Who-Dini (R75)\*



Revlon  
ColorStay  
Gel Envy in  
230 High  
Stakes (R110)



# HIGH TIME

*Strike the right balance between comfort and elegant elevation. A statement pair of heels takes any outfit from ordinary to outstanding.*

Dune court  
R1199, Edgars



Ankle-strap  
heel R499,  
Luella



Tosoni shoe boot  
R1395, Spitz



**TIP:**

*Try a block heel if you need more stability than your stilettos offer.*

Raphaella Booz  
Aztec block heel  
R2 299, Lilikoi



Colour-block  
mule R699,  
Charles & Keith



Block heel  
R1 299, Mimco



Court shoe R460,  
Sissy Boy Shoes





**TIP:**

*Lace underwear works best with suiting – not softer fabrics, like silk.*

[Left to right] Ansellia: T-shirt bra R199, secret shaper briefs R100, both Woolworths; Skagen watch R2 700, AmericanSwiss; heels R1199, Aldo

Ariel: Bustier bra R299, Cotton On; Anita high-waist briefs R800, PVN Fashion Agencies; Lanco watch R399, SBacher & Co; heels R399, Queue

Joelle: Spanx bodysuit R2 000, PDL Distributors; Sissy Boy watch R1 595, CJR Gift Sales

*Beauty Bests* Spritz up your life



Elizabeth Arden  
Untold Absolu (R920  
for 100ml EDP)

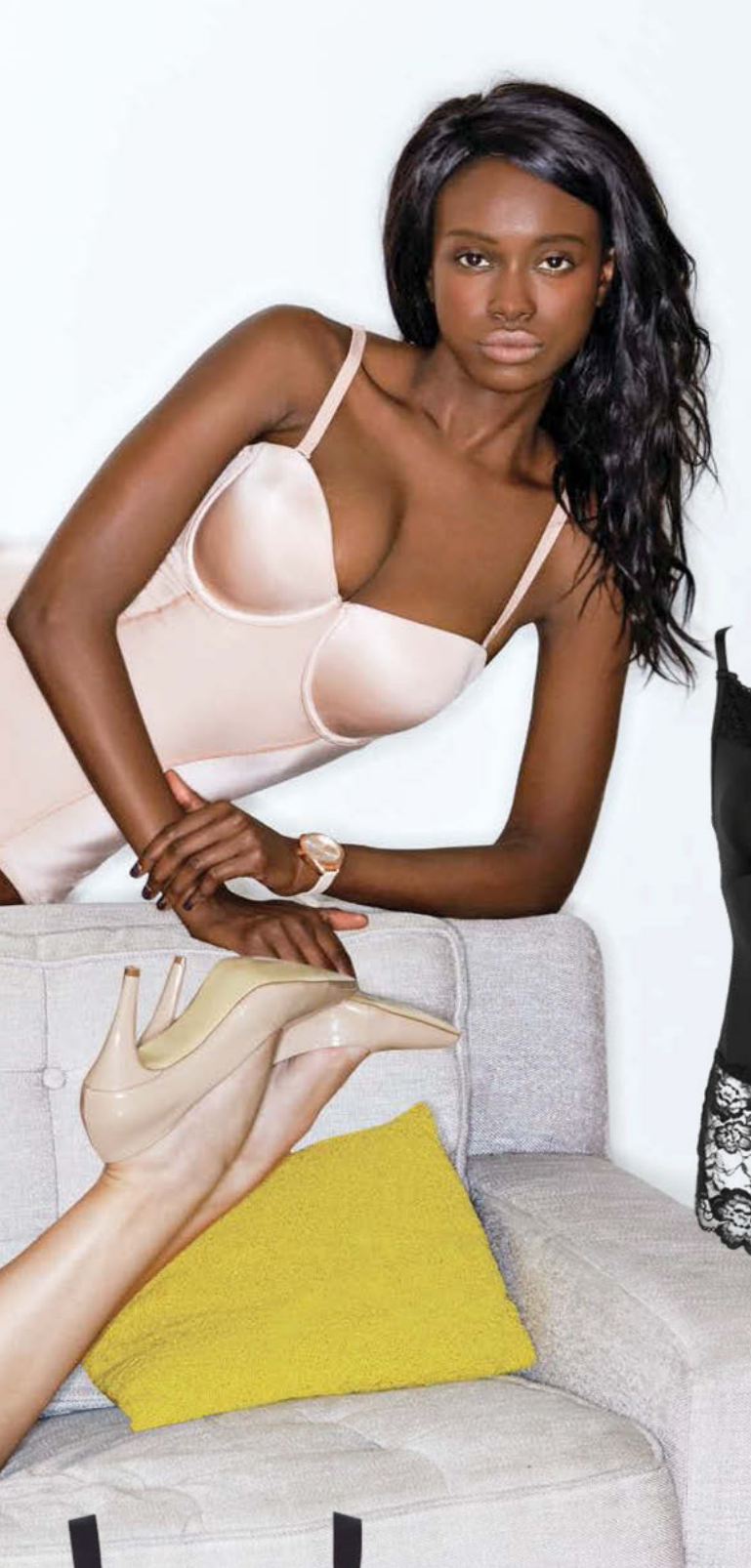
Ikat Jasmine by Aerin  
Beauty (R1 495  
for 50ml EDP)

Avon Femme  
(R370 for 50ml EDP)

Davidoff Cool  
Water Night  
Dive (R880 for  
80ml EDT)

# LOOK-GOOD LINGERIE

*No visible panty lines, contoured midribs and a supported bust all play a major role in your overall look.*



Lace bodysuit R250, Woolworths



Light-lace padded bra R220 and boylegs R170, both Triumph



NVPL (No Visible Panty Line) high-waist shaper R330, Playtex



Spanx bra R1200, PDL Distributors



Shelley seamless dress-shaper R190, Edgars



No Panty Line Promise briefs R190 for three-pack, Jockey



## Style Lab



From  
page  
42



Vince Camuto clutch R2 199, *Edgars*



Raphaella Booz leather tote  
R5 000, *Lilikoi*



Envelope clutch  
R999, *Mimco*



Double-zip briefcase  
price on request, *Tumi*



Shoulder bag  
R399, *Foschini*

Colour-block tote  
R150, *Mr Price*



Sling bag R599,  
*Country Road*



Quilted shoulder bag R2 599,  
*Guess Accessories*



Leather tote R2 000,  
*Kingsley Heath*



## Beauty Bests Travel-friendly must-haves

Stila Stay All Day  
Foundation and  
Concealer (R465)

Elizabeth Arden Beautiful  
Color Moisturizing Lipstick  
in Bold Red (R220)

Smashbox Step-by-Step  
Contour Kit (R550)

Clarins Multi-Blush  
Cream Blush in 04  
Rosewood (R300)

**TIP:**  
Do a weekly sweep  
of old shopping  
slips, loose coins  
and hair bands  
to make sure  
your bag works  
as efficiently  
as you do.

GARRETH BARCLAY/AGENCY BOOK: JAMES GARAGHTY (STILLS); MODELS: JOELLE/ICE, ARIEL/ICE, ANSELLIA/  
OUTLAWS; HAIR AND MAKE-UP: JACQUILUPON/GLOSS ARTIST MANAGEMENT; SHAHNAZ COLA-WRENSCH/  
SUPERNOVA; FASHION ASSISTANT: HARLIZE UYS; SHOT ON LOCATION AT SCANDI (WWW.LOCATIONGALLERY.CO.ZA)

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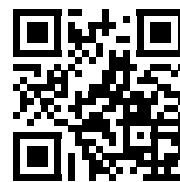


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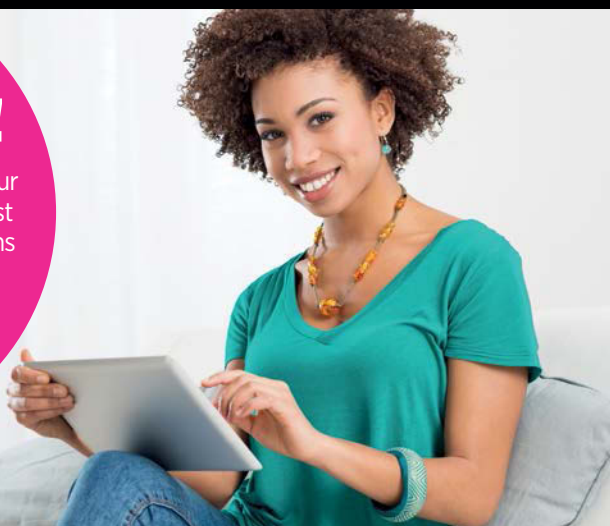


## Ready To Run?

Here at WH we're training for our first 12-kay – and we want you to join us! Whether you're a seasoned pavement pounder or serious newbie, we've got you covered. Download the weekly plans and get tips from the experts at [WomensHealthSA.co.za](http://WomensHealthSA.co.za). We'll also be hosting social runs leading up to the FNB Cape Town 12 Onerun race in May, so watch this space.

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Go  
with the  
gra(i)mules.

# True Grit

Microbead scrubs can be an enemy to the environment. Glow on with an eco-friendly exfoliator that's perfect for your skin

*By Kristen Dold*



For years the microbead reigned supreme among face and body scrubs – dermatologists loved the perfectly round, tiny plastic balls because they gently ease dead skin cells off your face and neck without overly abrasive scratching or tugging.

But recent research has found that these little synthetic beads are rolling down the drain into lakes and oceans, polluting our water supply and confusing marine life (they think it's food), so most major companies have agreed to phase them out.

Don't worry: this doesn't mean a life doomed to complexion dullness. The sustainable, nonsynthetic buffers here are considered kind to both your skin and the environment. Find your perfect fix.



### Sugar

The sweet benefits of these granules are twofold: sugar is tolerated well by most skin types because it dissolves quickly and it's a humectant (it draws in moisture). Aside from relieving dryness on your arms and legs, sugar works well as a lip scrub and can even be added to your haircare routine. "Sugar shouldn't leave a residue, so my favourite thing to do is add a tablespoon to my conditioner and give my scalp an invigorating scrub," says dermatologist Dr Francesca Fusco. However, if you're suffering from acne or sensitivity, stay away from the sweet stuff. "It's just too coarse and will irritate and sensitise skin even more," warns skincare therapist Sonette Donker from Dermalogica South Africa. And, if acne has flared up, sugar granules can break the skin on pimples and spread infection, she adds.

**TRY:** Lush Popcorn Lip Scrub 1 (R95).



### Fine Grains

Oatmeal and almond-flour scrubs are made with finely ground natural fibres that gently decongest pores, making them a safe bet for touchy skin on the chest and face. Oatmeal can also soothe inflammation. "It's recommended by dermatologists for skin conditions such as rashes, itchiness or swelling," advises Donker.

**TRY:** Good Things Manuka Honey Refining Scrub 2 (R70, available at Clicks).

2



3



## RUB RIGHT

All the scrubs on these pages should be lightly massaged onto skin in a circular motion with the pads of your fingers. Avoid sensitive areas like the upper eyelids, corners of the eyes and creases in the nose to minimise irritation.

11



10



### Shells And Seeds

The angular edges of ground walnut and bamboo shells, apricot pits and grape seeds help loosen rough patches on elbows, knees and ankles. But the gritty texture could inflame sensitive skin. Use shell-based scrubs on your face and chest only if they've been crushed to a fine powder.

**TRY:** Juliette Armand Elements 06 Dermabrasion Gel 3 (R290).





5



7



9



4



8



6

## Coffee Grounds

Add extra-virgin olive oil to a handful of grounds from your coffee pot – or use a pre-made scrub – and massage over your body in the direction of lymphatic flow (up from your feet, towards your heart). The movement, plus the caffeine, can help de-puff areas that accumulate fluid.

**TRY:** Clarins Super Restorative Redefining Body Care **7** (R725).



## Rice Powder

Rice isn't just a partner for your chicken curry – ground uncooked rice has been used as a skincare staple for centuries. Why? It's a delicate buffer for both oily and easily irritated skin and can treat pesky rashes or inflammation like eczema. Buy it as a powder and mix with a fragrance-free lotion to make a mask, says dermatologist Dr Ellen Marmur. (Leave it on for 20 minutes, rinse, then moisturise as usual.)

**TRY:** Simple Kind To Skin Smoothing Facial Scrub **8** (R57, available at Clicks and Dis-Chem).



## Marshmallow Root

"This is great if you're on acne medication or use benzoyl peroxide, or if you accidentally got sunburnt and are peeling," says Fusco. Marshmallow root and extract are anti-inflammatory and can soothe rosacea, eczema and puffiness as well.

**TRY:** Dermalogica Skin Prep Scrub **4** (R500).

## Salt

The roughest of the bunch, salt has sharp edges and a very coarse texture. But there's gain to be had with the pain: the sloughing action can be stimulating enough to increase circulation and, if the salt is crushed to a superfine powder, it can be used on your face to draw away water, which has a mattifying effect.

**TRY:** Elemis Frangipani Monoi Salt Glow **5** (R795, available at selected Edgars stores) for your body and Lush Ocean Salt **6** (R120 for 120g) for your face.



## ACID REDUX

Sometimes, a chemical exfoliant is the way to glow – er, go

### GLYCOLIC ACID

**BEST FOR:** dark spots and wrinkles.

Derived from sugar cane, this fruit acid works by inflaming the top layer of skin so cells fall off, resulting in fewer pigmentation spots and lines. Start with a cleanser that has two or three percent glycolic acid, and work up to a pad with 10 percent. Try Nip + Fab Glycolic Fix Cleanser **9** (R235, available at Clicks).

### LACTIC ACID

**BEST FOR:** super-dry skin and keratosis pilaris (small flesh-tone or pink bumps often found on the backs of the arms and thighs).

For your face, gentle lactic acid dissolves dead skin while retaining water to lock in hydration. Look for it in a low percentage as a cleanser or toner. Try Lancôme Galatée Confort **10** (R389) – dosed with milk proteins, honey and almond extract, it's perfect for dry-skin types.

### SALICYLIC ACID

**BEST FOR:** zits.

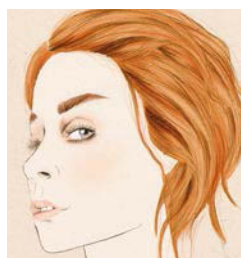
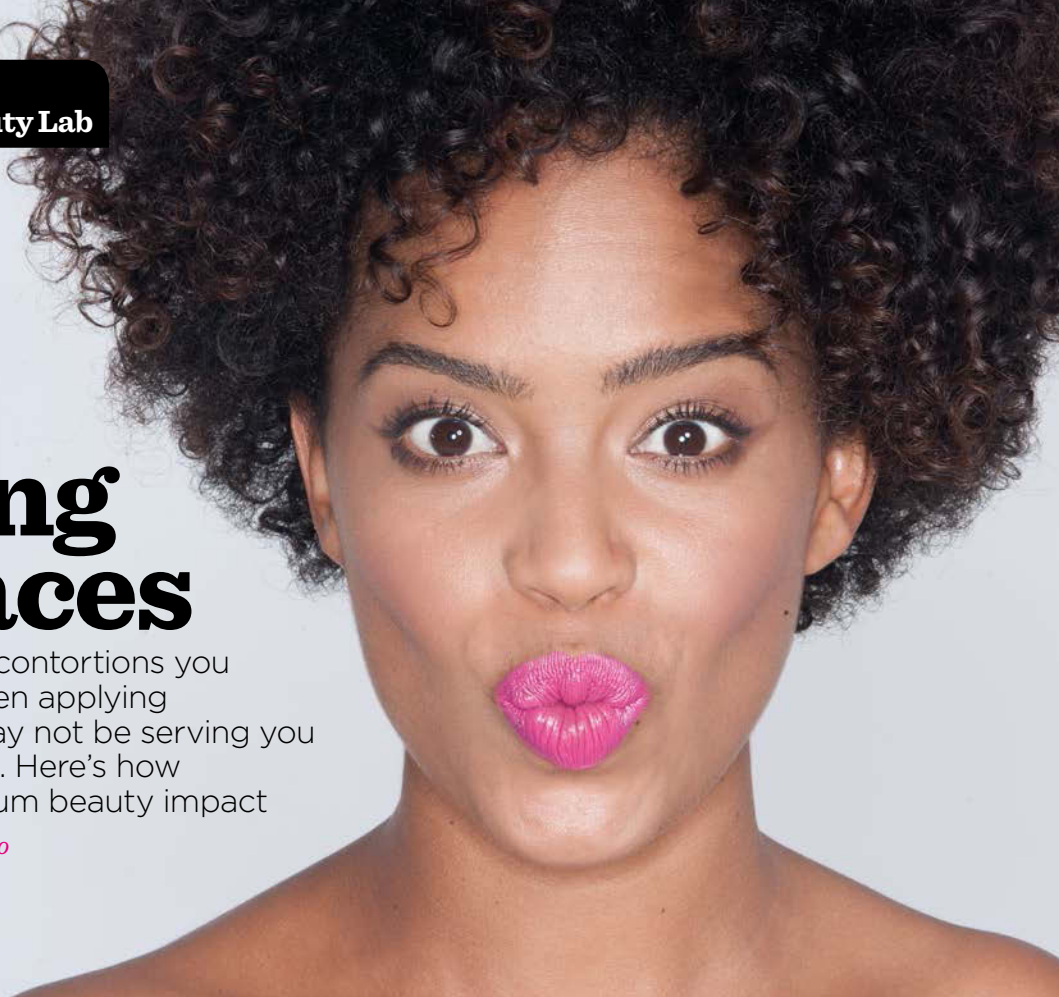
Manual rubbing can aggravate acne. This plant-derived acid helps eliminate excess oil and clears out deeply congested pores. Look for it in cleansers and spot treatments. Try Clinique Anti-Blemish Solutions Cleansing Foam **11** (R275).



# Making Faces

Those goofy facial contortions you instinctively make when applying cosmetics may not be serving you as well as they could. Here's how to pose for maximum beauty impact

By Karina Giglio



## EYESHADOW

**Face it:** Put your chin up and look down your nose at yourself (like a mean girl), eyebrows slightly lifted. Use an eyeshadow brush to sweep colour from the inner corner to the outer corner of each eye.

**The benefits:** This angle removes creases and crinkles from the eyelid, creating a flatter area for cream or powder shadow, so colour spreads on evenly.

### WH Online

For more genius make-up tricks, head to [WomensHealthSA.co.za](http://WomensHealthSA.co.za)

## LIPSTICK

**Face it:** Smile as big and as tightly as you can, showing plenty of teeth. Use a lip brush to apply colour to every bit of your lips, including the corners.

**The benefits:** Opening your mouth into a broad, cheesy grin exposes the

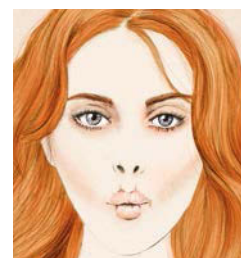
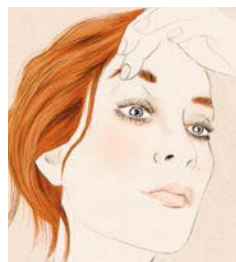
corners of your lips, so you can get lipstick where you want it (when corners are missed, it looks like your lips were cut off on the sides) – and not where you don't (surrounding skin and teeth). Plus, the lip skin is stretched smooth for an even application.



## EYELINER

**Face it:** Many women lean in towards the mirror – but you shouldn't. Instead, tilt your head back and lift your brow skin up with your finger so you can get right next to your lashes with the liner. "Usually, it's the outer corners that women miss," says make-up artist and beauty blogger Shahnaz Cola-Wrensch. Rest the pencil vertically so the tip lies flat against your lash line. If you tend to blink a lot while lining, say "aaah".

**The benefits:** Your lashes will look thicker and eyes will appear larger. Saying "aaah" helps relax facial muscles so blinking slows.



## BRONZER AND HIGHLIGHTER

**Face it:** Suck in your cheeks and purse your lips, says Cola-Wrensch. Use an angled contour brush to apply matt bronzer that's two shades darker than your skin inside the hollows. Starting two centimetres from your lips, blend upward towards your ear. Dab a cream or powder highlighter (in a satin finish, advises Williams) onto your cheekbones, moving up towards your hairline. Tip: add bronzer to your forehead to create definition, says Cola-Wrensch.

**The benefits:** This play of light and dark defines the angles of your face, making cheekbones appear higher.



## BLUSH

**Face it:** Use the fake smile. Keep it close-mouthed and rigid, just lifting the corners of your lips. Apply blush at the top of the apple, then blend up and out towards your temples, says Chris Williams, national make-up artist for Estée Lauder SA. For cream blush, use

a stippling or kabuki brush, or your fingers. For powder colour, a regular blush brush is fine. Tip: use what's left on your foundation brush and blend over blush to lock it in place, advises Williams.

**The benefits:** Colour hits the apples of your cheeks in exactly the spot where you'd flush naturally.

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# your best **body**

## Fix Your Trouble Spots!

Your tailor-made fitness plan to tone up in all the right places!

By Selene Yeager  
and Wanita Nicol

We all have that annoying body part that just doesn't hold its own. You know how it goes: "Give me lunges any day; just don't ask me to do anything with my arms!" or "Ja, I can lift a bit, but I can't hold a plank to save my life." And let's not even get started on that stubborn upper-arm flab that just won't melt away, no matter how hot your legs are looking.

Well, that's about to change. While it's a sad fact of human biology that you can't choose which fat deposits your body burns, sculpting muscle in those trouble areas can go a long way towards scoring the shape you want. So what are you waiting for? Use the fitness tests and exercises on these pages to design the perfect workout, tailor-made for you! >





# How It Works

## STEP 1: FIGURE OUT HOW FIT YOU ARE.

Do these five fitness challenges designed by trainer and triathlete Kristi Dowler. You'll need a stability ball, stopwatch and a treadmill or space to run outside. Take each test, then score yourself accordingly: aspiring, solid or strong.

## STEP 2: CHOOSE YOUR MOVES.

In each of the five categories, choose the move assigned to your fitness level – if your lower-body strength is aspiring, your move for that section is “basic hip raise”; if your upper-body strength is solid, opt for “standard push-up”.

## STEP 3: TEST YOUR PROGRESS.

Retake the five tests every four weeks. If you move up a level, brag to anyone who will listen, then move up to the next exercise level in that category. Use the tests as motivation to set personal records. If you're already “strong”, add more reps to the strength moves or speed up your cardio.

TEST

## LOWER-BODY STRENGTH

### Wall sit

Stand with your back to a wall, feet hip-width apart. Press your head, shoulders, back and hips against the wall, then lower your hips until your thighs are parallel to the floor. Hold as long as possible.

### WHY WE PICKED IT

How long you can literally hold your own weight is the ultimate measure of your muscular endurance – the amount of time your muscles can keep going full force. That's key for everything, from being wobble-free in your favourite Ashtanga class to hauling your new flea-market finds upstairs.

### WH FIT SCORE

- **Aspiring** 30 to 59 seconds
- **Solid** 1 minute to 1:59
- **Strong** 2:00-plus

# Put It Together

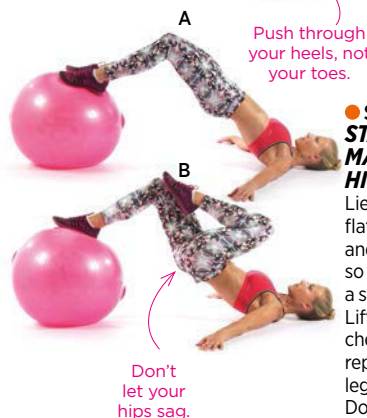
Okay, so you know how fit you are and you've chosen your moves. Now it's time to build your workout. Put your four strength moves together to form a circuit. When you've completed all the reps for one exercise, rest 30 to 60 seconds before moving on to the next. Once you've completed all four strength exercises, do the cardio finisher, then repeat the circuit for a total of two or three rounds.

## HIP RAISES

Hip raises target your glutes and hamstrings, while simultaneously activating your core and lower-back muscles for stability.

### ● Aspiring BASIC HIP RAISE

Lie on your back, knees bent, feet flat on the floor (A). Raise your hips so your body forms a straight line from shoulders to knees (B). Hold for five seconds, then return to start. That's one rep. Do eight to 12.

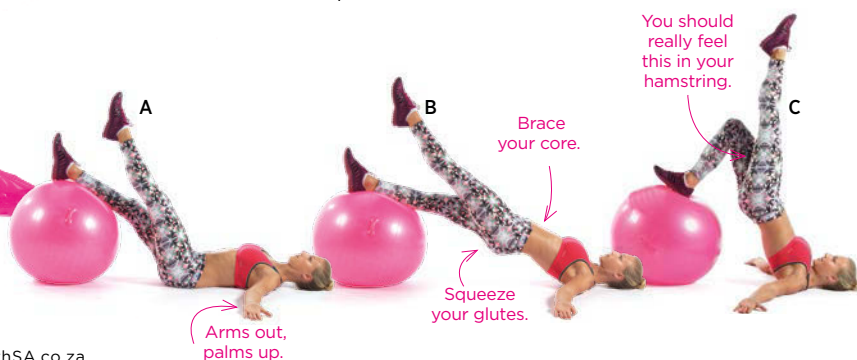


### ● Solid STABILITY-BALL MARCHING HIP RAISE

Lie on your back, feet flat on a stability ball and raise your hips so your body forms a straight line (A). Lift one knee to your chest (B); lower, and repeat with the other leg. That's one rep. Do eight to 12.

### ● Strong SINGLE-LEG STABILITY-BALL HIP RAISE AND CURL

Lie on your back, calves resting on a stability ball, and raise your left leg (A). Raise your hips so your body forms a straight line (B). Without pausing, roll the ball towards you with your right heel (C). Return to start. That's one rep. Do eight to 12, then repeat on the other side.



TEST

## 2 UPPER-BODY STRENGTH

### Balance push-up

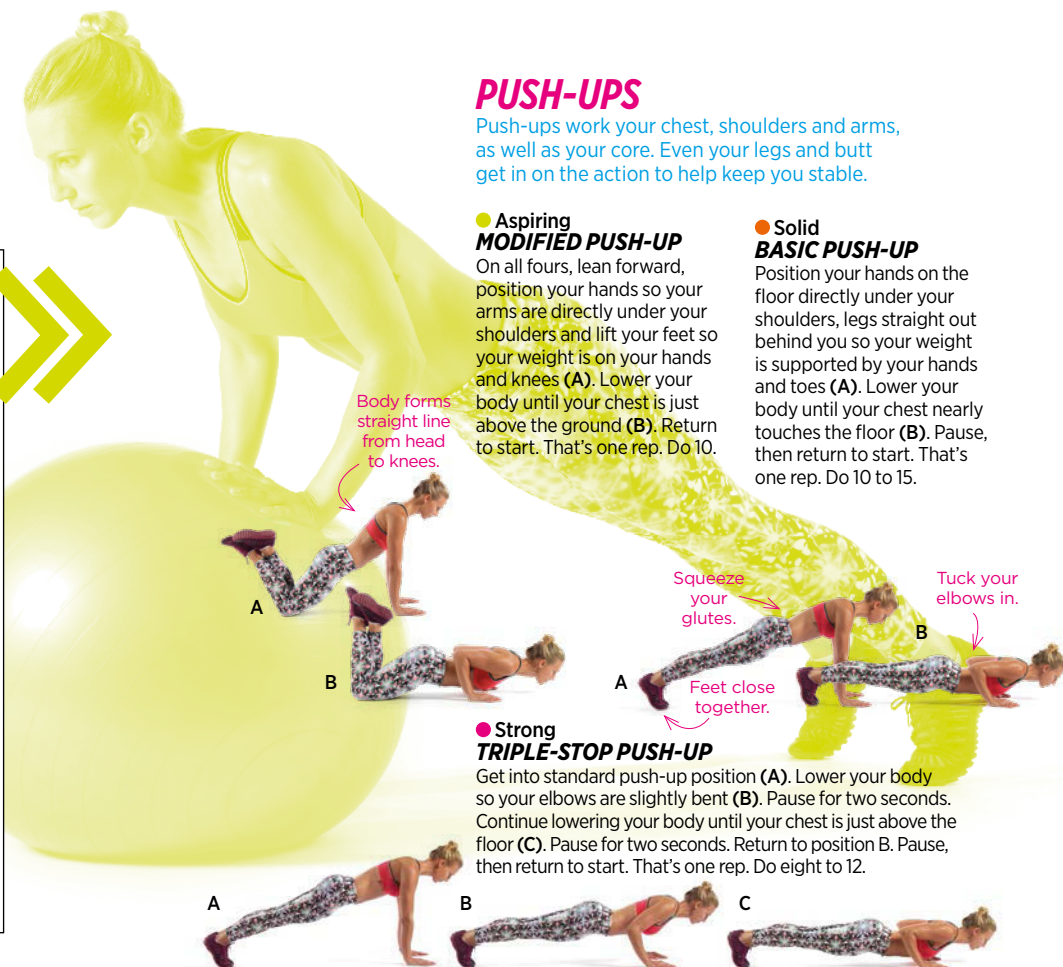
Get in the bottom of a push-up position with your hands on a stability ball. Keep your legs and body straight and your feet hip-width apart, balancing on your toes. Extend your arms and push your torso off the ball until your arms are nearly straight. Return to starting position and repeat as many times as possible.

#### WHY WE PICKED IT

According to a study published in the journal *Applied Physiology, Nutrition and Metabolism*, placing your hands on a stability ball when doing push-ups makes your arms work 30 percent harder than when you have them on the floor.

#### WH FIT SCORE

- **Aspiring** One to four push-ups
- **Solid** Five to seven push-ups
- **Strong** Eight-plus push-ups



TEST

## 3 CORE STRENGTH

### Plank

Get in plank position with your elbows on the floor directly below your shoulders. Hold your body perfectly straight – don't let your back arch or drop – for as long as possible.

#### WHY WE PICKED IT

This move hits your transverse abdominis, one of the muscles that stabilises your core. When your core is weak, your entire body is less stable, putting you at a higher risk for sprains and strains. Beyond that, a brutish middle gives you the power to sprint like an Olympian or serve like a Williams sister.

#### WH FIT SCORE

- **Aspiring** 20 to 44 seconds
- **Solid** 45 to 59 seconds
- **Strong** 1:00-plus

### STABILITY-BALL PLANK

Introducing a wobbly support base, like a stability ball, forces your abs to work harder. The move also works your arms, shoulders and even your legs.

#### ● Aspiring BASIC STABILITY-BALL PLANK

Get into standard push-up position, hands slightly wider than shoulder-width apart, your shins and feet resting on a stability ball and core braced (A). Brace your core. Hold for 30 seconds. That's one rep. Do three.

#### ● Solid STABILITY-BALL JACKKNIFE

Get into standard push-up position, hands slightly wider than shoulder-width apart, your shins and feet resting on a stability ball and core braced (A). Without changing your lower-back posture, use your feet to roll the ball towards your chest (B). Return to start. That's one rep. Do 10.

#### ● Strong STABILITY-BALL PIKE

Get into standard push-up position, hands slightly wider than shoulder-width apart, your shins and feet resting on a stability ball and core braced (A). Without bending your knees, use your feet to roll the ball towards your chest, raising your hips so your body forms an inverted V (B). Pause, then return to start. That's one rep. Do eight to 10.





## SINGLE-LEG BALANCE

Balance training improves coordination, joint stability and can even boost your reaction time.

### ● Aspiring KNEES-TO- ELBOW FRONT

Stand with heels together, toes apart. Fold your arms at shoulder height, then push off your right foot, as if to touch your knee to your right shoulder. Return to start, then repeat on the other side. That's one rep. Do four.



### ● Solid STANDING BICYCLE

Standing tall with hands behind your head, slowly raise your right leg straight out in front of you as high as you can without bending either leg (A). Now bend your right knee (B) and move your right leg to the back without twisting your hips. Straighten your right leg behind you (C) and sweep through to the start. That's one rep. Do two, then repeat on the other side.



### ● Strong SINGLE-LEG BALANCE FRONT/SIDE/BACK

Standing tall with arms out to the sides, slowly raise your left leg straight out in front of you as high as you can (A). Lower, then extend your leg to the side (B). Lower, then extend your leg behind you (C). Repeat on the other side. Do one rep only.



## TEST 4 BALANCE & FLEXIBILITY

### Standing bow pose

Stand tall with your feet together and arms at your sides. Lift your left leg and balance on your right. Bend your left knee, then reach back and grasp the inside of your left foot with your left hand. Raise your right arm for balance. Slowly lift your left leg behind you, keeping your hips square and your left knee pointed towards the floor. At the same time, lower your torso, aiming to get as close to parallel to the floor as possible.

#### WHY WE PICKED IT

Talk flexibility and everyone wants to know if you can touch your toes. But it's really the muscles that make up the front of your body – especially your hip flexors and quads – that are the most likely to be as stiff as toffee.

#### WH FIT SCORE

- Aspiring Torso vertical to 45 degrees towards floor
- Solid Torso 45 to 90 degrees towards floor
- Strong Torso 90 degrees towards floor

## TEST 5 ENDURANCE

### Five-minute run

Warm up with a brisk walk for five minutes. Then crank up the pace and see how far you can run in five minutes.

#### WHY WE PICKED IT

Running is the hallmark of cardio fitness.

#### WH FIT SCORE

- Aspiring 800m or less
- Solid 800m to one kilometre
- Strong More than one kilometre

## CARDIO FINISHERS

- Aspiring Jog on the spot with high knees for one minute.
- Solid Do squat jumps for one minute.
- Strong Do burpees for one minute. ■



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# Get On A Roll

Cycle your way to a strong, lean body and a clear mind

By Christina Goyanes

Cycling burns fat, tones your legs, is easier on your joints than running and can help strengthen your ticker. No wonder, then, that more and more women are hitting the road (close to a third of SA cyclists are women). Get in on the fun with our fit-for-women cycling guide.

Make the cycle bigger.

## ROAD CYCLING

Whether you're commuting, running errands or working out, going for a spin in your hood has never been easier, thanks to the nationwide expansion of bicycle lanes. Find them on Mapmyride.com.

### KNOW BEFORE YOU GO

#### Get assessed

Before starting, it's a good idea to undergo a body geometry fitment. "By doing so, you'll not only be more comfortable on your bike during long rides, but you'll also have a lower risk of injuring yourself," says mountain biker and Bike Pure ambassador Yolande Pretorius.

#### Go commando

"When wearing cycling pants you should never wear underwear – the seams cause you to chafe when riding and your underwear might not be made of the most hygienic fabric," says pro cyclist Anriette

Schoeman. The chamois inside cycling pants is designed to absorb and draw sweat away from your skin. "If you still chafe without underwear, there's always the option of chamois cream that works like a cream lubricant," she advises.

#### Don't just push

If using clipless pedals (which lock your shoes down), try moving your legs in an oval shape instead of just pushing down.

#### Warm up

"When starting a ride, make sure you soft pedal for at least half an hour before you attempt any effort or intervals," says Schoeman, who has won

## READY TO RACE?

Nothing builds confidence like setting a new personal record. "To monitor your training progress, pick a specific hill or road where you always do the same intervals," suggests Schoeman. Your best bikes:

#### SPECIALIZED AMIRA SL4 PRO RACE

The Amira features compact frame geometry, a combination that Specialized found optimises the average woman's riding position and power output. R64 999, [Specialized.com](http://Specialized.com)

#### SCOTT CONTESSA SOLACE 35

The Contessa Solace 35's HMF carbon-fibre frame is designed to give women a balance between comfort and performance, making you go faster for longer. R26 499, [Scott-sports.com](http://Scott-sports.com)

#### LIV ENVIE ADVANCED 2

This female-specific aerodynamic frameset will have you flying through the air like Superwoman! R37 495, [Dragons.co.za](http://Dragons.co.za)

five Cape Town Cycle Tours. "If you're planning on joining a group ride, it would be ideal to actually cycle to the meeting point and use that as your warm-up."

#### Test yourself

Before you race, challenge yourself weekly with a tough four- to 20-minute circuit, says Gwen Jorgensen, 2010 USA Triathlon Rookie of the Year. "If it's more or less the same from week to week, you can compare times, power, cadence and fatigue."



### YOUR BEST BIKES

#### Trek Lexa SL

This 100 Series Alpha Aluminium frame is equipped with a carbon fork and engineered using Trek's women-specific design technology.

R12 499,  
Darkhorsebrands.co.za

#### Merida Scultura Juliet 4000

The Juliet 4000 offers impressive value for money with its full carbon frame and fork.

R19 999,  
Merida-bikes.com

#### Liv Avail 3

The Avail 3's endurance position – think more upright, with a less twitchy front end – allows club riders to comfortably spend hours in the saddle, while an oversized PowerCore bottom bracket gives you extra power in each pedal stroke.

R10 495,  
Dragons.co.za



**15 000**

NUMBER OF CYCLISTS WHO TRAVELLED TO LAST YEAR'S CAPE TOWN CYCLE TOUR FROM OTHER PARTS OF SA. FOR TIPS ON TRANSPORTING YOUR BICYCLE AND RACE-DAY NUTRITION, GO TO WOMENSHEALTHSA.CO.ZA

### SAFETY FIRST

#### Smart tips from top South African cyclists

##### Ditch the headphones.

Never, ever ride on the road with earphones in your ears. You should always be aware of your surroundings and be able to react immediately if the situation calls for it.

##### Wear your helmet.

It may not be the sexiest accessory, but it lowers your risk of picking up a head injury during a fall. Be sure to wear the right size or it won't do the trick.

##### Be visible.

Wear bright, visible clothing and be particularly vigilant when riding at sunrise and sunset, as the sun could be in a motorist's eyes. Make sure you have visible front and back lights and wear reflective clothing when riding in the dark.

##### Keep low.

Remember that the lower your centre of gravity, the more stable you are on the bike. Because standing on your pedals will lower your centre of gravity, aim to do this over technical objects to avoid toppling off.



### MOUNTAIN BIKING

There's a blissful moment when your bike becomes an extension of your body as you manoeuvre over roots and rocks – a feeling reserved for those who venture off the beaten path.

#### KNOW BEFORE YOU GO

##### Find your balance

When riding over rocks, make sure the suspension on your fork is unlocked, says Schoeman.

"Keep your momentum going and use your upper body and arms to slightly lift the front wheel to negotiate your bike over an uneven surface, especially when riding uphill over rocks," she says. When riding downhill over a rocky surface you should push your knees and elbows out.

##### Save your tyres

"If you're riding on your own, always have some tools with you in case of an emergency – things like a pump, puncture kit and a spare tube," says Pretorius.

##### Pace yourself

"Remember that off-road distances are much harder than on-road distances, so make your ride a little shorter and increase slowly from there," advises SA mountain biker Theresa Ralph. ■

### YOUR BEST BIKES

#### Liv Tempt 3 27.5

Liv's 3F product design aims to create a holistic balance between fit, form and function tailored to a woman's needs.

R7 250,  
Dragons.co.za

#### Schwinn Moab 2

The Moab 2 comes standard with Kenda Karma Pro tyres, tubeless Alex rims and valves, so you save money because you don't need to convert to tubeless tyres in store.

R7 495,  
Omnico.co.za

#### Lust Advanced 2

It's the perfect companion for those looking to confidently ride both marathon-style events and enjoy quick, agile handling on the track.

R37 495,  
Dragons.co.za



## Get-Fit Tricks



MATCH THE COLOURS HERE TO THE ITEMS BELOW TO FIND HOW LONG THEY'RE BUILT TO LAST.

# The Circle Of Life (For Your Fitness Clothes)

When's the last time you cleaned out your gym drawer? Too many washes and wears can compromise your comfort and performance. Learn when to throw in the towel – or, rather, your bra, tops and socks

By Jessica Migala

### COMPRESSION GARMENTS

#### LIFE SPAN

Six months to one year

Designed to help increase circulation, compression tights, socks and sleeves may help speed post-workout recovery too, research suggests. Inevitably, though, they stretch over time and lose efficacy.

#### TIME TO TOSS

Compression clothes should have a super-snug, almost uncomfortable fit. If it's getting easier and easier to slide them on or if fibres are coming out of the fabric, you're probably not getting the full benefits.

#### MAKE 'EM LAST

Wash after every (yes, every) wear, since body oils and dirt can compromise their compression. Don't machine-dry and avoid wringing and twisting.

### SPORTS BRAS

#### LIFE SPAN

One year (or less, if you're doing high-impact workouts)

Supporting the girls is no easy task: the physical stress of stopping boob bounce degrades a bra's elasticity.

#### TIME TO TOSS

You're starting to chafe, the bra rides up when you raise your arms or your boobs move more during workouts.

#### MAKE 'EM LAST

Cleaning by hand is ideal, but if you do use the machine, fasten hooks first, put the bra in a mesh washing bag, then drip-dry to avoid warping.

### SWIMMING COSTUMES

#### LIFE SPAN

Six months to two years

Pool chemicals break down the fibres, making your cozzie lose shape; this creates drag, which can slow you down.

#### TIME TO TOSS

Baggy crotch, faded spots or tiny white fibres popping out.

#### MAKE 'EM LAST

Rinse with tap water post-swim. Squeeze out excess water and lay flat to dry.

### SOCKS

#### LIFE SPAN

One to three years

That thin fabric can hold up to your stepping and sliding only so long, leaving you prone to painful friction and blisters when it gives out.

#### TIME TO TOSS

They're stretched out, you see holes in the heel or around the ball of your foot, or you get more blisters than usual.

#### MAKE 'EM LAST

Wear them only during your workout. Dry on low heat to prevent shrinkage.

### MOISTURE-WICKING TOPS

#### LIFE SPAN

Six months to five years plus

These shirts draw sweat away from your skin to help regulate body temp. Most synthetics are chemically treated or have technology woven in that lasts 25 to 50 washes.

#### TIME TO TOSS

It can be hard to tell, but gradually they'll become less effective at keeping you dry.

#### MAKE 'EM LAST

Follow washing directions religiously to prevent wicking power from fading prematurely.

### WATERPROOF JACKETS

#### LIFE SPAN

Five years plus

A good topper can protect you in two ways: the layers block moisture so it can't penetrate and they also prevent sweat from getting trapped. The result is breathability and dryness.

#### TIME TO TOSS

You're sweating up a storm (because the coat is trapping moisture and heat), water seems to seep into the fabric, or the jacket is starting to smell (even when clean).

#### MAKE 'EM LAST

Ideally, wash no more than twice a year to keep the chemical finish intact (but if the coat is visibly dirty, more cleaning is okay). Tumble-dry in heat, which reactivates the surface repellent.

From left: Essential Printed Winner Clipback one-piece R561, Speedo; Park waterproof jacket R1899, Salomon; Bridgedale Women's Na-kd socks R50, Cape Union Mart; sports bra R929, Lorna Jane; moisture-wicking top R350, New Balance; compression tights R1000, Reebok

JAMES GARAGHY; SOURCES: DR THOMAS ALTEA; TRACY BYRNES, SPORTS APPAREL EXPERT; JEFF GARABEDIAN, NEW BALANCE; RICK GRIFFIN, THE NORTH FACE; STEPHEN PRIBITZ, PODIATRIST; KRISTA SCHULTZ, COACH; KATE WILTON, SPEEDO

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Your Plan For A Healthier Life







During their 23 years of marriage, Alex and Greg Hill have crossed many finish lines side by side. This year, they're working together to conquer the toughest one of all – the Absa Cape Epic

It was a dare that led mom of three, Alex Hill, to sign up for the greatest challenge of her life. "When I committed to riding the Absa Cape Epic for the first time with my husband Greg, I had no idea what would be involved," Alex admits. Greg had previously completed the tough mountain bike stage race and knows all about the trials that lie ahead.

Fortunately, Alex is not one to shy away from a challenge and was confident that with the support of her husband, and Absa, they could tick the Absa Cape Epic off their bucket list.

### Training day

Alex started a seven-days-on-two-days-off training programme in between managing a number of pre-schools and her own kids.

While intense training comes naturally to her hubby – "Greg

is a very disciplined athlete who would not dare miss a 4.30am sesh" – Alex has a more laidback approach, relying on friends and laughter to keep her swimming, running, cycling and doing Pilates.

### Part of the pride

Alex and Greg will be cycling this year's Absa Cape Epic as part of the exclusive Absa Pride, which provides them with access to much-needed support both in the run up to and during the race.

"Being part of Absa Pride means that we've had the chance to take part in a number of local training rides, meet and make friends with all of the other Pride riders, as we prepare for the race of our lives."

"Everyone is in the same boat and supporting each other, which is incredibly motivating."

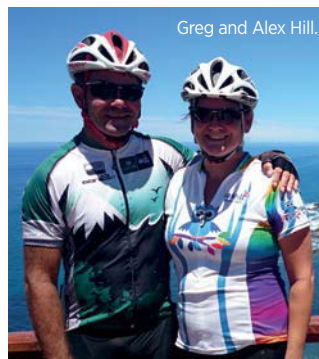
During the race, the Absa Pride riders receive all of the support they could get, such as on-site mechanics, physiotherapists, ice-baths, daily hospitality and the very best cycling kit available.

### Better together

"Greg's quiet determination versus my feisty impulsivity offers an interesting contrast," says Alex. It's this balance that makes them

such strong teammates, both on the course and at home.

"We've found common ground in mountain biking and our relationship has strengthened through this. Neither of us wants to fail and we need the mental strength to support each other. Without Greg, I would not even consider entering the Absa Cape Epic. But together, I know that we can conquer it."



To see the 2015 route, follow the YouTube link: [bit.ly/11i4BCn](https://bit.ly/11i4BCn)

Share your own #AbsaCapeEpic #ConquerAsOne experiences here: [Facebook.com/capeeptic](https://www.facebook.com/capeeptic) [@AbsaCapeEpic](https://twitter.com/AbsaCapeEpic)

And for more, go to [cape-epic.com](http://cape-epic.com)



# Hellish Period? Not Anymore

In a recent WH poll, you divulged details of your menstrual miseries – and now we're offering solutions. It's time to take back "that time of the month"

By Sarah Elizabeth Richards  
and Abigail Munroe



**"I cry during soppy ads."** – Carol-Ann N.

Drama alert! The change of mood associated with PMS can include feelings of anxiety, depression, irritability and anger. "For most women this is a temporary inconvenience, but if it negatively affects your relationships or work, you may need advice on medication if it means keeping your partner or your job," says Dr Tamlyn McKeag, a family practitioner from Cape Town. Another option is to try revamping what's on your plate: regularly loading up on leafy greens and whole grains can help keep your blood sugar – and emotions – steady.

**"I get period headaches."**

– Sharon H.

Migraines are thought to be caused by a sudden decrease in oestrogen premenstrually. Some women are more susceptible to these changes than others and, unfortunately, the oral contraceptive pill may aggravate the problem. If minor lifestyle changes,

## READERS' RAG

A peek at your more mysterious, wackier woes

"Itching all over my body" – Tumelo M.

"Diarrhoea" – Lebogang L.

"Impulsiveness" – Michelle V.



like avoiding triggers such as caffeine, for example, don't work, try taking a combo of an OTC anti-inflammatory like ibuprofen – the active ingredient in Nurofen – and a prescription migraine pill as soon as your symptoms start. Still hurting? Consider a visit to a dietician or neurologist, says Manasri Naiker, an obstetrician gynaecologist at Kingsbury Hospital in Cape Town.

**“I feel as if I could sleep for a week.”**

– Trisha L.

No, you're not just a sloth. Any time you lose blood, you lose iron, an energising mineral. “Tiredness or fatigue is a very non-specific symptom,” says McKeag. “Many people suffering from psychiatric disorders such as depression or anxiety also complain of fatigue, so the association with mood changes is well-known.” She recommends maintaining a good sleep routine, exercise and good eating habits. Keep well-hydrated and limit intake of sugar, salt, caffeine and alcohol. “B vitamins can assist in elevating energy levels and magnesium and calcium are possibly helpful too,” McKeag advises. To up those iron levels, include more iron-rich munchies in your diet, such as spinach, beans and lentils.

**“My sex drive goes through the roof right before my period!”**

– Letricia O.

Okay, so this isn't exactly a problem... but it is a medical mystery. Typically, the randiest time of the month occurs during ovulation, about a week before PMS starts, when you're likeliest to conceive. And, while plenty of studies suggest PMS should lower libido, many women report the exact opposite. Some

## YOUR PERIOD PAINS, RANKED

*See how your symptoms stack up against those of the WH readers who wrote in about their monthly maladies.*

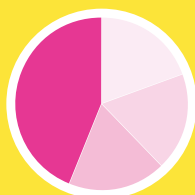
**50%**

**of all complaints were physical ouches.** Bloating, cramps and breast pain took the first three slots.

**34%**

**of symptoms were mood-related.** Irritability, moodiness and feeling down.

**CRAVINGS ARE A REAL DEAL**



**43.9%** of readers yearn for sweets.

**19.5%** lose their appetite altogether.

**18.3%** reach for salty snacks.

**18.3%** make a beeline for fatty foods.

**> 24** people reported getting headaches at that time of the month.

**> 9** people wrote in to say they can't get up in the morning.

**EINA!**

**52%** have to take painkillers for period pain.

**16.7%** don't get period pain.

**5.6%** get such bad pain they have to stay off work.

experts theorise that women may feel more psychologically liberated when their chances of getting knocked up are lower. And, physically, orgasms are known cramp relievers. Or, maybe, it's just that during this time we crave extra TLC and seek out the intimacy that comes with sex.

**“I have cramps that feel like I'm giving birth to the spawn of Satan.”**

– Millarie K.

There's a reason it feels a little like you're in labour – your uterine muscles are contracting. They're on a mission to dislodge the uterine lining – that gunky stuff you see on its way out. Typically, these contractions, aka cramps, are spurred on by prostaglandin hormones – the higher the levels you have, the worse you feel. Using a heating pad for 10 to 15 minutes can help dilate uterine blood vessels, picking up circulation and flushing out prostaglandins faster. Thirty minutes of aerobic exercise each day can also up your heart rate and blood flow.

If over-the-counter anti-inflammatory painkillers aren't helping and you've exhausted all natural options – including

yoga and acupuncture – see your gynae. Severe cramps can also be caused by uterine fibroids, dysmenorrhoea, endometriosis or other genetic conditions. The first line of treatment is typically the Pill or another hormonal contraceptive, which can reduce your overall amount of uterine tissue.



**“I just feel generally awful – fat, miserable and unsatisfied.”** – Mercia T.

New research out of the US suggests that some of these woes could be lessened with a calcium supplement. Women aged 18 to 45 who suffer from moderate to intense PMS symptoms were given a 1 200mg calcium supplement. After three months, feelings of misery were reduced by 45 percent, water retention by 36 percent, and cravings and pain reduced by 54 percent each compared with the control group.

**READERS' RAG**

“My immune system tanks” – Wanda G.

“I become super-clumsy” – Jen D.

“Nausea and vomiting” – Anita S.

“I constantly crave bananas” – Molebengeng S.



## “I have insatiable cravings. I want to eat everything in sight.” – *Melissa B.*

You’re not the only one who wants to park herself in front of a chocolate fountain. PMS cravings are super-common and they start in the brain. That pre-period serotonin dip has been linked to yearnings for salty or sweet carbs, which may actually have serotonin-restoring properties, although science has yet to come up with a definitive answer. What we do know: if you give in to these cravings it won’t make you feel better physically or psychologically, says McKeag. If you must snack, stick with just one small serving and try to include snacks that contain some calcium – if you’re craving sweets, try fresh fruit before reaching for jelly babies.

## CAN YOU OUTSMART PMS?

**Imagine if some symptoms were all in your head.**

Controversial new research has found that there’s little scientific evidence behind some PMS symptoms. Rather, “period hysteria” culture could be to blame, making women anticipate a meltdown in the days before their flow begins. “The idea that hormonal fluctuations lead to negative moods for all women is

a socially constructed one,” says neuroscientist Dr Gillian Einstein. In other words, a self-fulfilling prophecy of sorts.

Not so fast, says psychiatrist Dr Teri Pearlstein. “I don’t think women, especially the 20 to 30 percent who have moderate to severe PMS symptoms, including mood-related ones, could just wish them away.”

So what’s your move? Regardless of any root causes, regularly practising

mental techniques such as mindfulness and meditation can help you get through period-related aches. Yoga may also help – it can trigger the body’s relaxation response, forcing your mood to even out, according to a study in the *Journal of Clinical and Diagnostic Research*. Even if you can’t totally unthink your symptoms, minimising tension is always a winning move when it comes to eradicating PMS.

## “My nipples become really sensitive. Sooo uncomfortable when I’m working out!”

– *Sarah S.*

Sad but true: along with the extra breast volume can come extra tenderness and, once again, it’s those fluctuating hormone levels that are to blame – in this case, rising progesterone. Some women also experience fluid retention, which can aggravate tender breasts. A well-fitting – but not tight – bra can go a long way towards easing the ouch and try not to sleep on your stomach. Anti-inflammatory meds such as ibuprofen can offer some relief, says McKeag. A more natural alternative: “Evening primrose oil helps with breast tenderness and nipple sensitivity,” says Naiker. “And cotton bras are the best for nipple sensitivity.”

## “The bloating is horrible – it’s like this massive pressure.”

– *Laura H.*

Some 73 percent of women reported unpleasant gut symptoms before and during their periods – particularly bloating during PMS – yet, surprisingly, no one knows for certain what causes this monthly fluid retention (hormones almost certainly have a role to play!). That said, what we do know is that alcohol and salt make water retention worse, so steer clear of them if you’re swelling up like an Oros woman. As for easing the symptoms, exercise and a nutritious diet are first prize – aim for four to six small meals a day rather than two or three large ones. In severe cases of fluid retention, some women need to take a diuretic, says McKeag. ■

“Craving pap”

– *Taki S.*

“Pimple breakout”

– *Mpunga B.*

“I get so thirsty!”

– *Ziyanda N.*

“Getting tipsy on one glass of wine”

– *Alicia H.*

“I get really cold, like freezing!”

– *Marie L.*





Give your house a spa-tacular revamp.

# Make Your Home A Health Retreat

All it takes is a few simple tweaks to turn your place into a healing, rejuvenating refuge

By Jessica Girdwain

If you think of your digs as simply a place to crash at night, you're underestimating its potential. Treating your home like a Zen spa, rather than just a spot to sleep with your mouth open, eat entire slabs of chocolate and watch reality TV without judgement, helps combat the stress that can make you sick, says integrative health practitioner Dr Frank Lipman.

The following tips can calm your nerves, improve your diet and boost your energy and brainpower – all minus a pricey trip to a spa resort.

## Create a quiet corner

There's a reason spas set up hushed, low-lit lounge areas. "They're designed to make you feel swaddled; to provide comfort and security," says spa director Simon Marxer. Recreating this effect at home is as simple as arranging a few plush pillows (cool greens and blues are most calming) in a dimly lit corner of your quietest room. Unplug all nearby electronics and clear away any distracting clutter, then plop down on the pillows and close your eyes. Focus on breathing slowly for five minutes, eventually building up to 30 minutes of meditation. Research shows this practice can not only curb stress levels, but can also make you more compassionate.

### Be one with nature

Getting your green on can lower blood pressure and stress-hormone levels, plus just touching a houseplant may prompt a relaxation response in the brain. Leaves can act as natural filters, stripping pollutants and allergens from indoor air. Buy a few hard-to-kill varieties such as spider plants (aka hen-and-chickens), mother-in-law's tongue or aloe. One plant can purify 10 square metres of air, says horticulturalist Sharon Nejman.



### Start juicing

Juicers don't come cheap, but drinking produce is an easy way to get the nutrients you need, says Lipman. Fruit and veggies can also help regulate mood-stabilising proteins in your brain and taking in seven servings a day can lead to higher energy levels.

Go for a daily combo such as leafy greens (kale, spinach) with lime, ginger and apple. Bonus: juices are an ideal way to use up the fresh fare in your fridge before it goes off.



### Change your tunes

"Peaceful rhythms can settle your nervous system, encouraging relaxation after a crazy day," says Ayurvedic consultant Larissa Hall Carlson. Research shows classical music can lower your heart rate and blood pressure. Conversely, fast-paced tempos can rev up your body and mind. Match your home's soundtrack to your mood – or the state you want to be in: shake off morning sluggishness by blasting upbeat jams or wind down while you cook dinner by playing soft instrumental music.

## Harness the power of scent

Ever notice how a whiff of something – say, fresh-from-the-oven butter biscuits – can instantly transport you back in time (baking with Grandma)? Smells can activate the brain's memory centre, and they're also powerful enough to change your mindset and help ease pain, says lifestyle expert Gretchen Rubin, author of *Happier At Home*. Take, for example, the scent of citrus: research published in the journal *Flavour* states that it can erase a cranky mood. Other studies show it could help people perform cognitive tasks more efficiently. And sweet smells, including green apple, have been linked to migraine relief.

You'll get the biggest overall benefits by surrounding yourself with aromas you love, in the form of soy-based candles or diffusers that mist organic essential oils. Try using naturally-scented soaps or drawer liners, or even simmering some spices on the stove (orange peel and cinnamon makes a great pick-me-up).



### Total blackout

Ample shut-eye keeps nearly every part of you in top shape: it improves memory, regulates appetite, reduces inflammation and even prolongs life. But most women don't get enough sleep, thanks, in part, to a subpar lighting situation. Exposure to any type of glow during the night can suppress the snooze-inducing hormone melatonin by 50 percent – yes, even if your eyes are closed – according to the *Journal of Endocrinology and Metabolism*. "One thing I tell all my patients is to make sure their bedrooms are as dark as possible," says Lipman.

Cover the LED lights on your tech gear and invest in blackout window blinds or curtains or, at the very least, wear an eye mask. Go a step further with a spa secret: wrapping your incandescent light bulbs in amber filters creates a soft, warm atmosphere that promotes relaxation before bed.



### Get t(r)ickled pink

Studies show that being near water – or hearing the sound of flowing H<sub>2</sub>O – can lower heart rate and stress levels and augment feelings of serenity and relaxation. Even just looking at water can be soothing and relaxing. Set up a plug-in tabletop fountain in your lounge, arrange floating candles in clear water-filled vases, or buy a desktop fish tank filled with aquatic plants (no actual guppies required). If you're tight on space, hanging photos of ocean or river scenes, or even swapping out your screen saver, can lend you some of water's calming effects.



# YOUR BODY ON... DREAMING

As you physically power  
down at night, your brain –  
and imagination – run wild

> It all starts with the brain stem, which flips you into sleep mode and – once you hit the rapid eye movement (REM) stage – shuts off your muscles. Everything but your eyes is temporarily paralysed. (Good thing, or you'd physically act out your reveries.)

> Meanwhile, your brain stem's nerve cells may fire erratically. Some experts believe dreaming happens when the thinking part of the brain tries to make sense of these signals.

> Parts of your frontal cortex – where your smarts lie – are off-line. Without logic, reasoning or judgement, the normal rules of space and time don't apply. This is why you find yourself sweating out an exam for a class you never took and the next minute you can fly.

> Dreams engage the brain's hippocampus – its cradle of memories – and the amygdala, a key player in emotion. That's

why they can involve actual events (albeit in twisted ways) and make you feel genuinely frightened or happy.

> Even though there's nothing for your eyes to look at, your brain's visual cortex, the area that interprets images, comes alive. This is why you can "see" all the action in your head.

> Most dreaming occurs during REM sleep. You can, however, have non-REM dreams, though they tend to be different – more mundane and less "only in your dreams" (driving a car versus winning the Lotto).

> Though people spend one to two hours a night in REM sleep, most don't remember their dreams. Experts don't know why, exactly, but it could be a coping mechanism: if you remembered everything, your mind might have a hard time distinguishing between actual and dreamed events.

> In fact, researchers remain divided over why you dream what you do (is it all just totally random or some sort of emotional outlet?). Dreams may help you process the complex sentiments of life or, through their strange re-enactments, subconsciously cement memories. Or perhaps it's something much simpler: since dreams become more frequent as your wake-up time nears, their virtual world could be prepping you for entry into the real thing.



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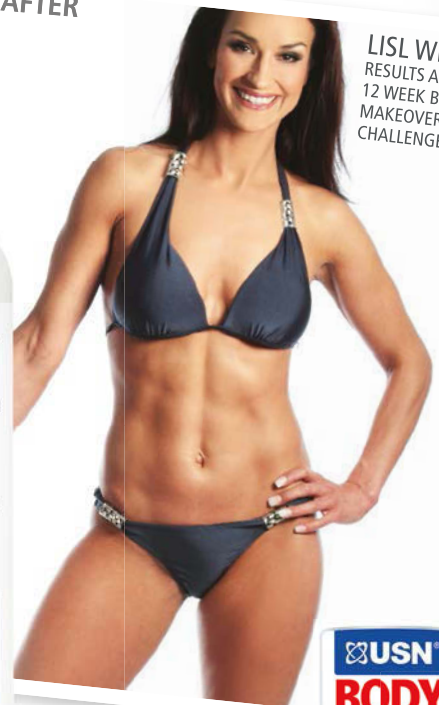
# CUT MORE & LOOK YOUR BEST

#CHALLENGEYOURSELF TO A GREAT NEW YOU

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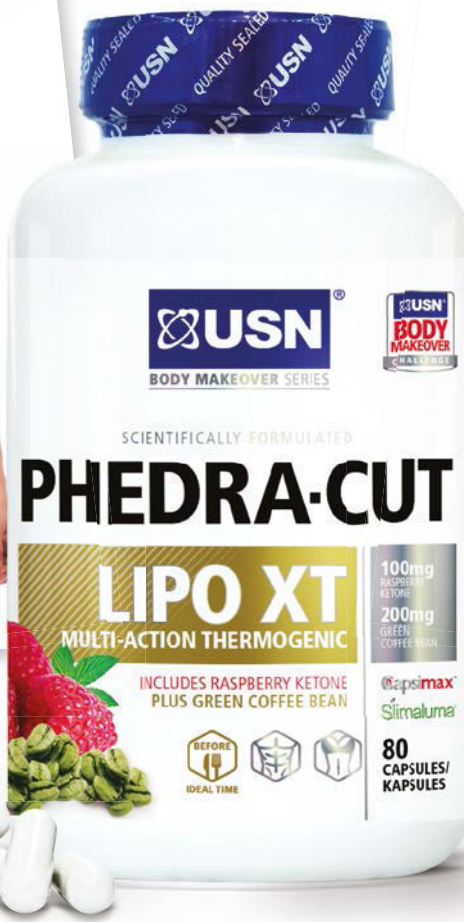


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RESULTS AFTER  
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PROTEIN.  
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# eat smart

## Power Lunches

Working towards fiscal-year-end deadlines and lacking lunch inspiration? Try these three delicious, nutritious, easy-to-pack meals. They're the best thing to happen to desk dwellers since Post-it notes

*By Marian Bull*



Goodbye, lunch “hour” – in a recent survey, employees said their midday break lasts only about 30 minutes or less and 29 percent admitted to working through it. But dining al desko doesn't mean you should skimp on yummy food. Pack one of these creative, healthy and satisfying meals and you'll be pumped up for the rest of the day.

60

Percentage of professionals who reported feeling moody and less productive when they skipped breakfast or lunch, reports US online food ordering company Seamless Corporate Accounts.



### Who's In Chard?

Collard greens, flat-leaf kale and chard all make for great carb-free tortillas. Remove their stiff backbones and they become pliable, while still holding up to travel (no tearing or sogginess). Add flavour by filling them with crumbly cheeses mixed with crisp vegetables and bright herbs.

12 38

**12:38pm**

The optimal time to eat lunch to maximise weight loss, according to a recent survey by US diet company Forza Supplements.

2 large collard green leaves or kale leaves  
4 tbsp hummus  
2 hard-boiled eggs, sliced  
2 tbsp grated carrots  
1 radish, finely sliced  
2 tbsp chopped roasted red peppers  
2 tsp finely chopped Italian parsley  
2 tsp crumbled feta

**1/** With a paring knife, shave the thick spine from the two leaves, being careful not to cut into the leaves.

**2/** Flip the leaves over and spread hummus on each "wrap".

**3/** Divide the rest of the ingredients among the two wraps, then fold them like burritos.

**SERVES 1:** Per serving: 1212kJ, 17g fat (6g sat), 14g carbs, 510mg sodium, 4g fibre, 21g protein



## Get With The Jar(gon)

Why bother with a plate when you can make, carry and eat your lunch from a single vessel? The dressing-on-the-bottom approach keeps your veggies crunchy and lettuce crisp until the moment you're ready to enjoy. Then a few flips of the jar will coat everything nicely - genius.

½ cup cooked red-speckled beans or cranberry beans  
½ cup sliced radishes  
½ cup cooked pearl barley (or quinoa for a gluten-free alternative)  
Pinch minced tarragon  
2 tbsp chopped Kalamata olives  
2 tbsp soft goat's cheese  
½ cup rocket

### DRESSING

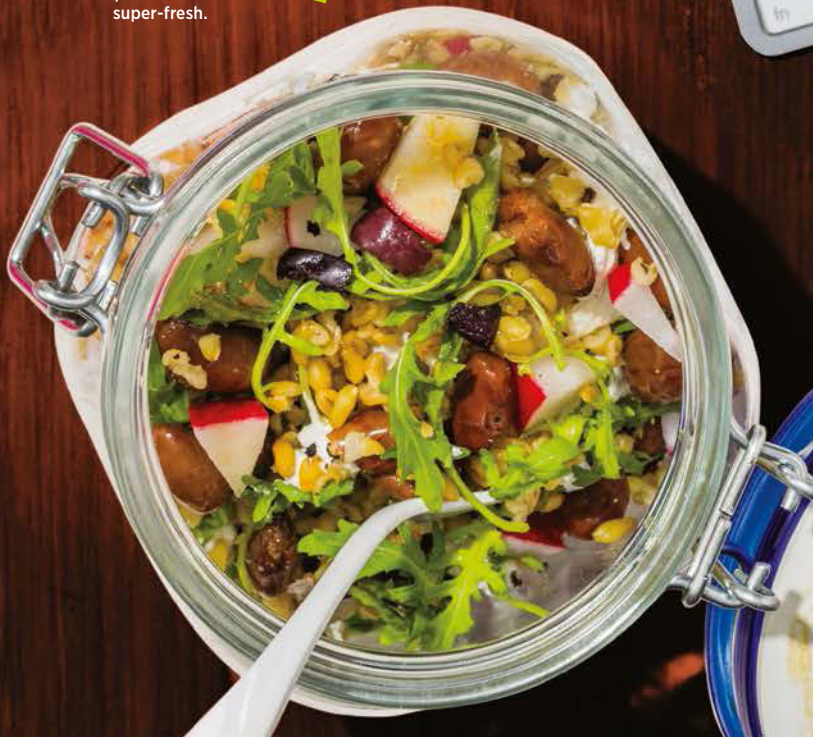
1 tbsp extra-virgin olive oil  
1 tsp red-wine vinegar  
1 tsp Dijon mustard  
½ tsp honey

1/ Place all the dressing ingredients in the jar. Seal the jar and shake until the ingredients are emulsified.

2/ Layer in the beans, radishes, barley, tarragon and olives. Top with goat's cheese and fill the jar with rocket.

**SERVES 1:** Per serving: 2131kJ, 30g fat (7g sat), 50g carbs, 880mg sodium, 10g fibre, 13g protein

Using a jar with an airtight rubber seal keeps the contents super-fresh.



# NEW



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#### Key Advantages:

- Effective at removing hard skin
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1 cup shredded Chinese cabbage  
1 tsp extra-virgin olive oil  
1 cup cooked rice noodles  
85g cooked chicken breast  
2 tsp low-sodium soy sauce  
Pinch chilli flakes  
Toasted sesame seeds  
1 squeeze lime juice  
1 tbsp finely chopped spring onions

**1/** Sauté cabbage in olive oil over medium heat for one minute and set aside.

**2/** Top rice noodles with chicken. Add in the cabbage and the rest of the ingredients. Toss to combine and refrigerate overnight.

**SERVES 1:** *Perserving: 1504kJ, 7g fat (1g sat), 50g carbs, 490mg sodium, 3g fibre, 23g protein*

## Bowl Them Over

If you'd rather eat takeaways than brave the mystery splatters inside the shared office microwave, this hearty, best-served-cold bowl is your answer. Toss with dressing the night before and the flavours should achieve perfection just in time for your afternoon meal.

48

Percentage of office microwave door handles that were found to be highly contaminated with germs, according to testing by US company The Healthy Workplace Project.

# Time For An Oil Change

The latest slew of edible oils promises to enhance your heart, mood, skin and more. We dip into the best drizzles *By Jessica Migala*

Piggybacking on the “food as medicine” and “fat is your friend” movements, oil-love has exploded, says GP Dr Geeta Maker-Clark. And it now involves way more than the reigning health champ, olive oil. Get to know these other slick picks.

**A SHOT OF HEALTH?**  
Downing “shots” of oils has become a hip, expedient way to score health benefits. But imbibing this way raises the risk of accidentally breathing oil into your lungs (not good!). Stick to mixing it with food.

## The Buzz



### Sesame Oil

This seed-extracted oil thwarts cavities and helps stave off diabetes. It can even help prevent sunburn.

### Avocado Oil

This silky fruit oil helps fight joint conditions and promotes soft skin, plus it's naturally cholesterol-free.



### Coconut Oil

This antioxidant-rich über-oil has nearly unlimited potential – eating it will make you a health superhero.

### Macadamia Oil



This nutritious, beauty-boosting oil is starting to pop up everywhere – and it's grown in our own backyard.

## The Bottom Line

Its unique antioxidants, coupled with compounds called lignans, may help control blood sugar as well as lowering “bad” LDL cholesterol. When used in “oil pulling” (swishing it around your mouth for 10 minutes), sesame oil might halt plaque build-up. Rubbing some on your skin could even help ward off sun damage... but don't think about using it as an SPF substitute!

Monounsaturated fatty acids and phytochemicals may reduce the risk of coronary heart disease and inflammation. “Results from the US National Health and Nutrition Examination Survey show that people who consume avos have a notably lower body weight and waist circumference than those who eat no avos at all,” says dietician and UCT lecturer Marieke Theron.

Coconut oil's star power comes from lauric acid and saturated fatty acids, called medium-chain triglycerides (MCTs). Some doctors believe that lauric acid makes the oil an effective oral rinse or topical antimicrobial. But it's the MCTs that show the most promise: studies indicate that they could balance cholesterol, improve digestion and even reduce belly fat.

Of all nuts, macadamias contain the highest percentage of monounsaturated fatty acids. “They contain high amounts of oleic acid – which helps to lower cholesterol – and palmitoleic acid (aka omega-7). Recent studies have shown that these acids help fight bad bacteria found in the mouth,” says Theron. Palmitoleic acid is also known to boost skin, hair and nail health.

## Best For

Boost your health by using one tablespoon of unrefined toasted sesame oil per week, while cooking with low to medium heat (up to 180°C). Its distinctive flavour and aroma works well drizzled over roasted veggies or Asian-style dishes.

You can use avocado oil to replace any culinary oil. It's great tossed over pasta, vegetables, salads, steaks and even popcorn. Warmed gently, it's ideal for dipping bread. And, if you feel like a bit of pampering, it can be used to moisturise skin.

If you're dairy intolerant, coconut oil will be your new baking best friend – it's a great butter replacement and its flavour doesn't overpower any of the other ingredients. You can use coconut oil as a body lotion and even as a make-up remover.

Macadamia oil retains a high smoke point of 234°C, making it ideal for stir-frying and sautéing. It also has a long shelf life. But its benefits go way beyond culinary uses. Stressful day? This oil is a fab emollient – just add it to your bath water.





Scale Down

# Are You Really Ready To Lose Weight?

It's time to get real about weight loss – because your hottest body ever is closer than you think

By Gotlhokwang Angoma

It's time to face reality: there's no such thing as quick-fix weight loss. We're not saying impressive transformations aren't possible (just turn to page 86). But it's not going to happen while you sit on the couch munching fried chicken. Sad, but true. The good news: it doesn't have to be difficult either, and the secret isn't on your plate – it's in your head.

If you want to succeed at weight loss, you need to “cut the mental fat and that will lead to cutting the waistline fat,” says Dr Pamela Peeke, author of *Fit To Live*. “Look at the patterns and habits in your life that get in the way of success.” So, are you ready to make a healthy change? For real? Then start by answering these questions.

With all the #workout #selfies, when do you get time to actually workout?

## Are you prepared to feel the burn?

✓ You know the feeling, right? It's a sign that your muscles are being challenged. Your body will start to say, "Sjoe! I'm not used to this!" and you feel like stopping. Don't. "This sensation we feel is when lactic acid is being produced rapidly. It's important to push yourself outside your comfort zone," explains Hannah Oguz, performance specialist and exercise physiologist at the University of Pretoria. Intense exercise changes your body and muscles at a molecular level in ways that milder physical activity doesn't match, so run a little further or hold a yoga pose a little longer. **Make it easy** "I try to dedicate each set to different people I care about," says WH reader Maggie Gould. "For example, this fourth set is for my daughter so we can come first in the mom-and-daughter sports race... It makes me forget the feeling and reminds me of the reward I'll get from it."

## Are you prepared to be consistent?

✓ Are your workouts often hit-and-miss? "The length of the no-training and training period of a person can diminish stamina. This is called the principle of reversibility. In short, if you don't use it, you lose it," says Oguz. It's important to find a routine that you enjoy and can stick with for the long haul. "While rest periods are necessary for recovery, extended rest intervals reduce physical fitness and weight loss. Reductions may occur in as little as two weeks or sooner," says Oguz. **Make it easy** Build a fitness network to keep you motivated. WH reader Teresa Vranic has unique fitness friends – her pooches. "We've walked seven days a week, no matter the weather conditions, for 36 years to date," says Teresa. This QT with generations of four-legged friends has helped her stay the same size since her school days.

## Are you prepared to create healthy incentives?

✓ If you often justify your food choices by saying, "I worked out today", you're fighting a losing battle and will never really get ahead in the kilojoule equation. "Reward is good, because we know that people change behaviour more when they're incentivised versus punished. However, reward shouldn't be about the thing you're trying to have less of or gain more control over," explains Joburg-based dietitian and author of *Fast Food For Sustained Energy*, Celynn Erasmus. **Make it easy** Choose something that will keep you on the road to health and fitness, like a new workout DVD, workout clothes or even a dress. For WH features editor Kirsty Carpenter, it was fitting into a white one down the aisle: "I was more motivated to lose weight when I had a specific date. I knew all eyes would be on me," says Kirsty. "At the point where I usually would have given up, I focused on the goal."

## Are you prepared to make time – even if it means plans B, C and D?

✓ "Hectic schedules and lack of time certainly contribute to the excuses we use to get out of doing exercise. If you have a plan in place though, you're more likely to make time to exercise and, consequently, achieve your planned goal," says Oguz. Those with no plans for exercise will go home guilt-free if they don't do anything, but may never achieve the weight loss they want. **Make it easy** Know your pitfalls. If you're not a morning person, don't plan your workout for 5am. Write down three or four days and times of day you want to get a workout in. "I make exercise my top priority, which means sacrifice. I commit to it daily and don't give myself a way to opt out," says WH digital editor and fitness lover Thamar Houliston. She plans ahead by packing her gym bag the night before. Still not free? Do a workout on the go ("Anywhere Workouts", right).

# Anywhere Workouts

## 1 Table press

Sit straight with your arms at your sides, hands under the table, palms up, shoulder-width apart. Push up as hard as you can into the underside of the table for 10 seconds. Do this 10 times. **Helps:** stimulate your muscles and boost blood flow; works your arms, shoulders and back.

## 2 Core lift

Sit tall in your seat. Contract your abs and lift one foot about 15cm off the floor. Hold for 10 seconds and slowly lower it while relaxing your abs. Repeat with the opposite leg. Do as many as you can in 60 seconds. **Works:** your abs. You'll get your blood flowing and boost circulation throughout your body.

## 3 Sit to stand

Go from sitting to standing to sitting again, 10 times in a row. Rest for a minute, then repeat. **Works:** the quadriceps in the front of your thighs and your butt, which help protect your ability to get up from a chair, out of a car, or off a toilet seat.

## 4 Shoulder-blade squeeze

Pinch your shoulder blades together, but not up (don't shrug). Hold for 10 seconds, then relax blades. Repeat 10 times. **Helps:** prevent a rounded, shoulders-forward posture that can develop from sitting, especially at a computer.

## Wanna Eat Right? Start Here...

### SPRING CLEAN YOUR PANTRY

Get rid of kilojoule-laden favourites. Most of your kilojoules come from foods high in fat and sugar. Take them out of your cupboard and stock your fridge with fresh alternatives.

**MEASURE** You don't have to weigh or measure every time you eat, but learn to eyeball portion sizes. Go to [WomensHealthSA.co.za/nutrition](http://WomensHealthSA.co.za/nutrition) to find the right way to measure the portion size of your next meal.

### GO DARK

Instead of counting kilojoules, rather pack your plate with nutrient-dense food. In almost every case, the darker the colour of a bean or veggie, the more nutrients it contains. Broccoli trumps cauliflower and black beans top butter beans every time.

**SET YOUR ALARM** Make sure you don't skip a meal. One of the biggest consequences is what's called primal hunger.

That's when your body gets so hungry that anything goes: all honourable intentions about health fly out the window and you're likely to eat too much at the next opportunity.

### CROWD CONTROL

When dishing up, leave space between the foods you select. You could consume up to 20 percent fewer kilojoules than if you pack your plate.



## Are you prepared to listen to your body?

✓ "Trying to beat your body into submission with willpower alone won't work," says Erasmus. "Instead, learn about how your body works: hunger, appetite, digestion and energy balance. Use this information to make better nutrition choices, not just this week, but for the rest of your life." **Make it easy** Pay attention. Dr Luc Evenepoel, author of *Lose The Weight And Keep It Off*, believes the way to avoid overeating is to listen to your body's signals. "Eating slowly and chewing plenty helps to stretch out meals so that our satiety mechanism has time to kick in." ■



## Scale Down



BEFORE  
115kg  
—  
AFTER  
69kg

YOU  
LOSE,  
YOU  
WIN!

Walking on  
sunshine!

# "I walked off 46kg in 18 months!"

Cecile Cotty spent 23 years trying to shed the extra weight she gained during pregnancy. But no matter what diet, magic pill or drops she tried, nothing seemed to work. Then, 18 months ago, Cecile tried something different: being healthy. And lost 46kg in under two years.

## THE GAIN

"After falling pregnant at the age of 24, I gained weight and was never able to lose it. I would lose a few kilos only to gain more than I'd lost," explains Cecile. Fuelled by an unhealthy combination of multitasking and grabbing food on the go (staples included burgers, fried food, chocolate and lots of bread), Cecile's weight skyrocketed to a high of 115kg. "I would literally eat all day, every day. And the worst was I didn't exercise at all," she says.

## THE CHANGE

There was no specific trigger that got Cecile motivated. Her journey to health began – literally – with

a single step. "One morning I woke up and decided to go for a walk," she recalls. "It turned out to be the beginning of my journey to a healthier me." Whether it was the endorphins or the post-walk glow that hooked her, Cecile just kept walking.

## THE LIFESTYLE

"I walked a minimum of 10km a max of four times a week. Then I started to build up my running, which I added to my walking routine," says Cecile. To firm up her shrinking body, Cecile decided to add toning exercises. "I did floor exercises four times a week: mainly planks and crunches." Instead of eliminating entire food groups, Cecile paid attention to portions and measured what she ate. "I started eating off a side plate. Most of my meals included chicken and a couple of portions of veggies that had been either roasted or steamed. My snacks were either apples or oranges because they have a lower sugar content than other fruit."

## Vitals

Cecile Cotty,  
47, Benoni

Occupation ▶ Self-employed

Height ▶ 1.71m

Time taken to  
lose weight ▶ 18 months

Secret  
weapon ▶ Willpower and  
determination

Lesson  
learnt ▶ No matter what happens  
in your life, you have  
the power to change.

## THE REWARD

Cecile has gone from a size 50 to a 36. "People look at me with admiration and I respect myself more now," says Cecile. "I feel wonderfully rejuvenated. I have the energy to do things now."

## CECILE'S TIPS

- > **Take small steps.** "If you have a large amount to lose, break it up into fives or 10s."
- > **Press refresh daily.** "Don't feel bad if you fall off the wagon, just get back on the next day."
- > **Call on support.** "Get a good friend or partner to encourage you."

## ...SWEETS AT YOUR DESK Good



**MARSHMALLOWS**  
Per 100g: 1 395kJ, 0g fat,  
81g carbs, 0.6g fibre,  
115mg sodium

## Better



**SPARKLES**  
Per 100g: 1 498kJ, 0g fat,  
95g carbs, 0g fibre,  
79mg sodium

## Best!



**SOUR WORMS**  
Per 100g: 1 116kJ, 0g fat,  
62.2g carbs, 0g fibre,  
14mg sodium

Although not substantially better, the sour worms come in slightly lower in kilojoules and sodium, with the marshmallows being heaviest in sodium. Healthy eating doesn't mean you can't enjoy sweet treats occasionally – in small quantities. When your sweet tooth calls, opt for naturally sweet options first. Try a piece of fresh fruit – like ice-cold watermelon – and see if that works. You may find that the fruit provides all the sweetness you need.



# Your Flat-Belly Day

A morning, noon and night's worth of satisfying eats – all for under 6 700kJ *By Keri Glassman*

Down



## BREAKFAST

### Eggs & greens

1 tbsp extra-virgin olive oil  
1 cup sliced mushrooms  
2 cups spinach  
1 egg

1 tbsp chilli sauce  
Add half the olive oil to a heated pan, sauté mushrooms and spinach, then remove and place on a plate. Add remaining olive oil to the pan. Crack egg into the pan and cook sunny-side up. Add egg to vegetables. Drizzle with chilli sauce.

**TOTAL: 961kJ**

## Snack

Mix together 1 tbsp dried cranberries, 3 strips dried mango slices, chopped, 1 tbsp almonds, 1 tbsp pistachios and 1 tbsp sunflower seeds.

**TOTAL: 1 170kJ**



**Daily total:**  
**6 425kJ**

*\*Note: For optimal weight management, combine this nutrient-dense meal plan with exercise.*

## DINNER

### Cookout for one

1 beef sausage  
½ cup baked beans  
1 whole-wheat hot-dog roll  
½ tbsp whole-grain mustard  
½ tbsp sweet relish  
1 cup sliced honeydew melon

Cook hot dog and heat baked beans in a saucepan. Serve hot dog in the roll, topped with mustard and relish and with beans and melon on the side.

**TOTAL: 2 050kJ**



## Indulge without bulge

To stay below 6 700kJ:  
**Add:** Woolworths Marks & Spencer Valencia Orange Lolly (315kJ) and **Subtract:** sunflower seeds from first snack (250kJ).



## LUNCH

### Tuna & avo sandwich

½ avocado, mashed  
½ tbsp lemon juice  
120g light-meat shredded tuna, drained  
1 thick slice tomato  
1 piece butter lettuce  
1 slice red onion  
1 slice whole-grain bread

Combine avocado with lemon juice and mix with tuna. Stack tomato, lettuce, onion and avocado-and-tuna mixture on bread for an open-face sandwich.

**TOTAL: 1 460kJ**



## Snack

1 cup frozen green grapes and ½ cup low-fat cottage cheese.

**TOTAL: 795kJ**





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watery eyes?<sup>1</sup>



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**Comfortable to instil<sup>1</sup>**



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References: 1. Data on file. 2. IMS Health, MIDAS™ retail (and hospital) sales data, ex-manufacturer level, from May, 2014 MAT. Product groupings and calculations are Alcon's, based on an analysis of the IMS data. Alcon Laboratories (SA) (Pty) Ltd, P O Box 3198, Randburg, 2125. Tel: (011) 840 2300. August 2014. P-PAT-006-V2. Exp. 08/2016.

CINGULATE 9775

**Alcon**

A romantic couple is shown in a close embrace on a bed. The woman, with long dark hair, is wearing a black lace bra and white underwear. The man is shirtless and wearing a watch. They are both looking towards the camera with soft expressions. A large, semi-transparent pink diamond shape is overlaid on the top right of the image, partially covering the couple and the title text.

# sex & love

## *Reboot Your Libido*

Depressing survey revelation:  
we're having 20 percent less  
sex than a decade ago.  
WH gives you the tools to  
tackle five peculiarly modern  
libido killers, er, head on

*By Nichi Hodgson*



Tablets, TV, endless to-do lists and your boss's "thought you should see this" emails at 10pm on a Tuesday are just some of the reasons we're all apparently having a fifth less sex than we were 10 years ago. What's more, the average number of times per month women are getting jiggy with it has decreased from 6.3 to 4.8 times in 20 years. Plus, women are twice as likely to have gone without bumping uglies for a whole year compared with men (they say we're picky, we say have you seen the slim pickings on Tinder lately?). This joyous news comes courtesy of a new survey of sexual attitudes in the journal *The Lancet*, which suggests a mounting (sorry) dissatisfaction with our sex lives compared with the male of the species (although 15 percent of them also reported a drop in libido).

According to sexual health lecturer Dr Cath Mercer: "Stress is to blame. As is technology. People are taking their tablets and cellphones into the bedroom at night and some people are using porn as a sex substitute." But, as Angelina Jolie's good rep proves, everything is reversible. Read on for five solutions to guide you back to project O.

1

**THE PROBLEM:**  
**TIREDNESS**  
**THE EXPERTS**

**SAY:** Longer working hours, the cast of *Shameless* living next door and fighting cats are causing your sexual snooze. You'd rather get extra Zs than "Oh, oh, oh's".

First overhaul: the loving hour. A US study found that women's circadian cycles are shorter than men's by six minutes – meaning we should go to bed and rise earlier. "Start your day with sex and, from a hormonal perspective, you'll be much more energetic," says endocrinologist and metabolic

specialist Dr Eva Cwynar. If you wait until your melatonin levels have dropped and cortisol has kicked in (around 8am), sex will boost flagging energy levels rather than wear you out. Plus, morning sex makes use of the morning surprise he "subtly" rubs against you first thing. Also, check your testosterone and iron levels. Female libido depends on reasonable levels of both, so up your intake of red meat, mussels, beans and dark leafy greens. Avoid tea and coffee with or straight after meals – they hinder iron absorption.

2

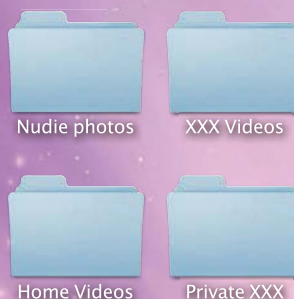
**THE PROBLEM:**  
**MONOTONY**  
**THE EXPERTS**

**SAY:** Same sex, different day. He knows your moves, you know his and you both know exactly what's coming next. It's like the "Macarena" – but with slightly less gusto.

Step away from the whipped cream. "The most effective way to reintroduce lust is a sex amnesty," says Cynthia Graham, editor of the *Journal of Sex Research*. Yes, it sounds counterintuitive, but tell your partner you can't have sex for a fortnight. After the first few

days, initiate a touching session – five minutes each, adding two more minutes per day, until you reach your two-week climax. "Come ceasefire, you'll be burning up," says Graham. Of course, if a two-week ban feels more like a holiday from having to think about it, jump-start the passion battery and inject the unfamiliar. Arrange a meeting at a local bar. Arrive separately, then try to find each other. Revel in seeing strangers chatting up your other half. It's a chance for you both to re-experience your partner as fresh meat.

*"If you're ready for me boy, you better push the button..."*



Are you sure you want to restart your sex life now?

If you do nothing, your libido will restart automatically in 54 seconds

☐ Restart Foreplay

Cancel

Restart

### INSTANT UPGRADES

Try one of these new apps to lift your libido instantly



#### > SEX DICE

Shake your phone and the slot-machine-style wheels will spin into place, providing instructions on which activity to perform where, with adjustable settings, from mild to wild.



#### > LICK

This teaches guys exercises to improve their oral skills. Plus, you get to laugh at him licking the screen to practise. Just be sure to disinfect the phone before and after.



#### > A SEXY TEXT

It can be, ahem, hard to find the right words to sound sultry yet kinky. This app gives you ideas for sexy SMSes, making dirty talk fun and effortless.



#### > SEX DRIVE

So we reckon this is probably just a gimmick, but this app claims to enhance your sex drive when you listen to binaural beats for 10 to 20 minutes.

3

### THE PROBLEM: PORN

#### THE EXPERTS

**SAY:** Women make

up one in three viewers. What's more, a recent survey found that both sexes aged 16 to 44 say watching it is often more exciting than the real thing.

If you're busy getting more on-screen action than off, be careful. "Exposure to explicit content gives you an addictive chemical rush and neuronal firing in your brain – much like cocaine," says Dr Elna Rudolph, WH sex expert and head of MySexualHealth.co.za. "Compared to porn, normal sex will most likely be far less intense."

Solo viewing can put an intimacy wedge between you and your partner, so convert porn-viewing to a joint activity instead. "Use it for inspiration for sex moves or to open up dialogue about what you like or don't like," says Rudolph. "But, if you need it to get into the mood every time, there's something else going on." For something genuinely educational, try DreamsOfSpanking.com, which weaves tips on technique into the entertainment. And no, sadly, *Magic Mike Uncut* is not on there.

4

### THE PROBLEM: STRESS

#### THE EXPERTS

**SAY:** Your boss

is the reason you associate the word "climax" with the end of a really long AGM rather than a saucy quickie up against the fridge.

The humble foot massage will sort you out (bear with us here). Studies conducted by the National Institute of Health in the US have proven that reflexology instantly decreases blood pressure and lowers anxiety. What's more, says acupuncturist Sandra Bird, foot massage provides access to one of the most heightened sexual release points on the body – the "yongquan" or

"gushing spring" point located on the sole, about a third from the base of the second toe and two thirds from the heel edge. Basically, that midpoint where his massaging thumbs fit perfectly. In other podiatry-related sex news, pushing on the bit between your big toe and second toe is apparently another major stress-release point. Time for a toe wax!

5

### THE PROBLEM: DEVICES

#### THE EXPERTS

**SAY:** Emailing,

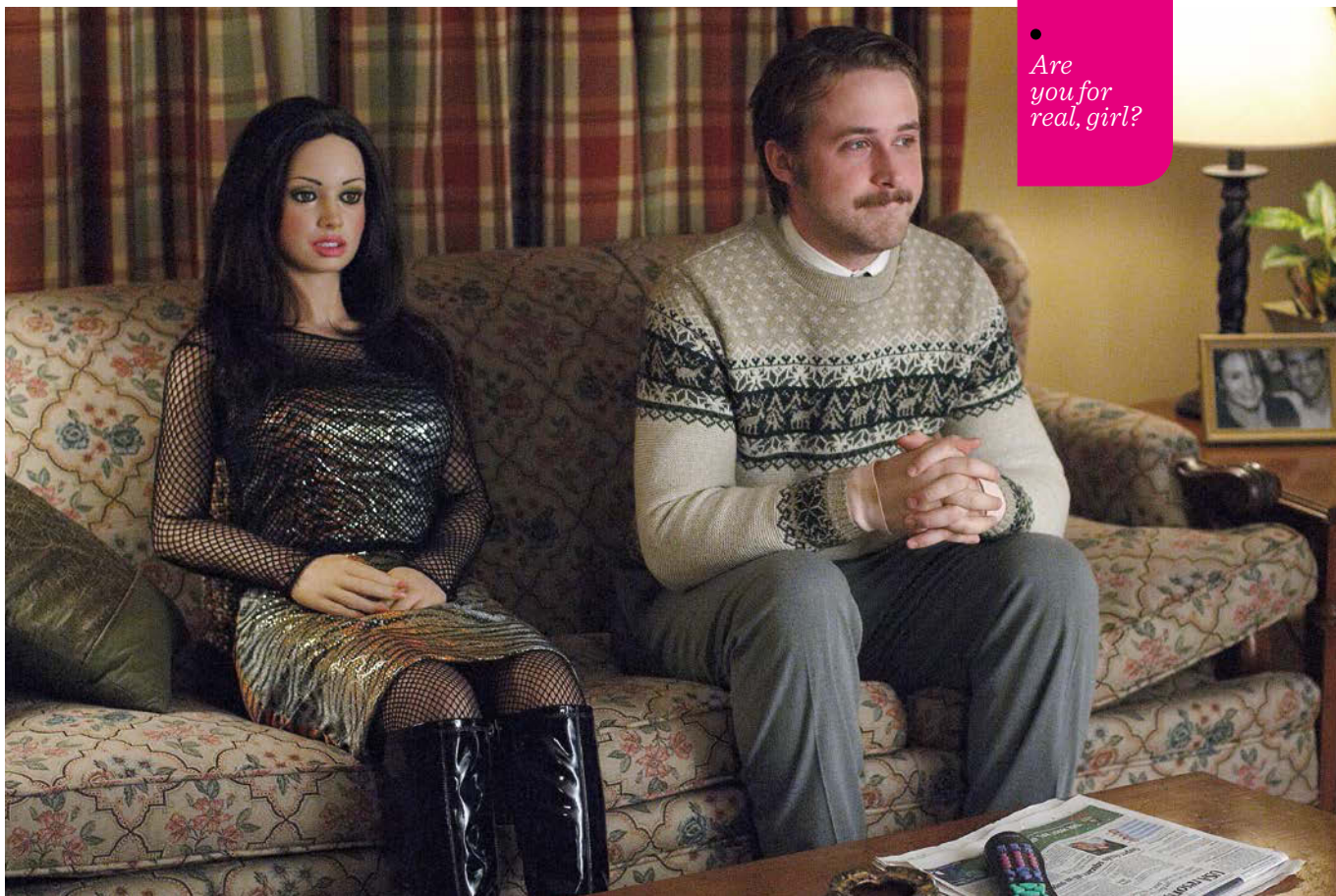
scrolling through News24 comments and playing Candy Crush are detracting from the actual button pressing you want in the bedroom.

A recent study published in the *Journal of Sexual Medicine* found that when women ignore common distractions (phones, TVs, laptops), they can start to become aroused in as little as 30 seconds. Yet an eye-watering 81 percent of adults always take their cellphone or tablet to the bedroom at night. Here's how to kick the habit: set your alarm before you even enter the bedroom and don't touch your phone once you're in bed, suggests Rudolph.

Or, on the flip side, you could make your smartphone part of the action (no, not like that, there aren't enough screen wipes in the world for that game). Try vibrators like the OhMiBod Club Vibe 2.OH (R1 834, Matildas.co.za), where you wear the vibrator and he takes the helm by controlling the wireless remote, or the We-Vibe 4 Plus (R2 849, Matildas.co.za), an app-connected vibrator that can be controlled from anywhere in the world! Long-distance couples, rejoice! ■



Are  
you for  
real, girl?



# How To Date Like It's 1999!

You've been told to toss your rulebook, but you *still* haven't met the perfect guy. Well, guess what? The old-school rules may seem uncool (and a little judgy), but it could be time to dust them off for a rerun

*By Lori Cohen*

The old adage "there are plenty fish in the sea" sucks and is probably zero comfort to you as a fisherwoman trying to snag your catch. As any old sea dog worth his salt will tell you: luck and timing – things over which you have no control – are probably the two most important factors influencing your success. Awesome. But while you're waiting for the universe to align, there *are* some things you can do to improve the odds. They may not be things you want to hear, but ask yourself this: are your current dating practices really working for you? Time to change tack.

## Get on the couch

You've heard of marriage counselling, but what about dating counselling? All that time spent trawling Tinder is time-consuming – and you're better served spending that time on the couch, says relationship counsellor and management coach Mary Ovenstone.

"I work with clients so they can understand the patterns that are controlling their relationships. It's all about making the unconscious patterns conscious," she says.

So, what's behind all those dead-end dates and relationships that end with your heart reduced to Chernobyl? When you meet someone and all the signs are there that he's not good for you, why do you still pursue it? "We're all attracted to the familiar patterns that remind us of home and childhood," explains Ovenstone. How you react to your partner's actions is habitual and your reactions are formed by the

primary relationships in the environment in which you were raised. So when these responses are triggered (jealousy, neediness, the desire to “fix someone”), it makes you feel safe. “It’s a false safety, but it makes us feel that we know what to do in that situation,” says Ovenstone. It gives you a sense of control. We are literally wired to seek out relationships that replicate those early experiences of “love” and if those experiences weren’t entirely positive, the odds of seeking out similarly complicated attachments simply skyrocket.

Counselling psychologist Sandra Brownrigg describes these habitual responses as “wounds”, and when a partner triggers them, they send you spiralling back into toddler mode. “We get reactive, just as a child does,” says Brownrigg. Was your dad unaffectionate? Did he make promises he didn’t keep? Your partner’s infuriating SMS silences or inability to stick to plans may remind you of how you felt when your father never turned up to your school plays: “I’m not important; I’m not a priority.” Bizarrely, while the feeling is painful, it’s something you understand, which is why when you meet someone who behaves in the opposite way – attentive, warm, emotionally available – you’ll probably label him as freakishly nice

or a pushover and run a mile. It’s a sad fact of our unconscious that Mr Right is often someone with whom you think you have no chemistry, because that feeling of being “cared about” is so unfamiliar.

So, how do you stop writing off the “good guys” and stop reliving the sins of the father? You need to shift into a state of consciousness, says Brownrigg. “Stop your reaction by acknowledging where the behaviour comes from. Tell yourself that you know you need attention from him, but make a choice to speak logically and not just be reactive. You’ll be able to engage in a more constructive, open manner.”

The aim is to know yourself: to acknowledge your wants and needs and not feel bad about having them, but accept that the root of your fears and hurt may have nothing to do with your partner’s behaviour.

Once you’re aware of the underlying factors that drive your choices, you can see how these play out every time you swipe right or left on Tinder. You don’t have to ditch your checklist altogether, but you should be aware of why you rate these criteria in a mate in the first place, says Ovenstone. And, if you’re truly an evolved dater, you might discover the old rules you thought were un-PC and outdated, are actually the ones with the highest success rate. >

# 61

**Percentage of WH readers who said they weren’t attracted to their partner when they first met them**

Source: WH online poll

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## Cool Rule #1:

### *Looks don't matter* BUT WHAT IF THEY DO?

Fact: you're more likely to ignore your checklist (no car, no job, no personality) if he's graced the cover of *Men's Health*. Superficial, much? Not necessarily: as long as "hot stud" isn't your only must-have, you're judgement-free, says Ovenstone. However, you do need to dig further to discover what "attraction" means to you. "Initially, we're physically attracted to another person, but beneath that is an exchange of energy," explains Ovenstone. Deeper attraction comes from how you interact with each other's energy – and what that brings out in you. You can't get that from a selfie.

After canvassing her married friends, Caryn Wilmot\*, 36, decided to push the boat out when accepting dates. "A lot of my married friends told me that they weren't attracted to their partners when they first met them. I made a pact to go on eight dates with each guy before I made a call on him. It didn't always work out, but the strategy helped me rethink what I was looking for in a partner and attractiveness isn't as important anymore," she says. Caryn's methods have merit – 61 percent of WH readers said they weren't attracted to their partner when they first met.

According to Ovenstone, you need to understand the chemicals at play. "When you're physically attracted to someone, a rush of dopamine draws you in. Two more players then join the team: serotonin, which creates the possibility of love, and oxytocin, which allows you to bond. When these two chemicals start to take over, the exchange of energy is unmasked

as you get to know each other," she says. If you choose to date someone based only on how they look, you may miss the energy exchange, which is an important factor of attraction, but needs time to kick in.

So, consider rewiring your attitude in the moment. Instead of focusing on his sexy stubble, look for other things you like. How does he treat the waiter? How does he react when you spill your drink? You may uncover more positive attributes or potential deal-breakers.

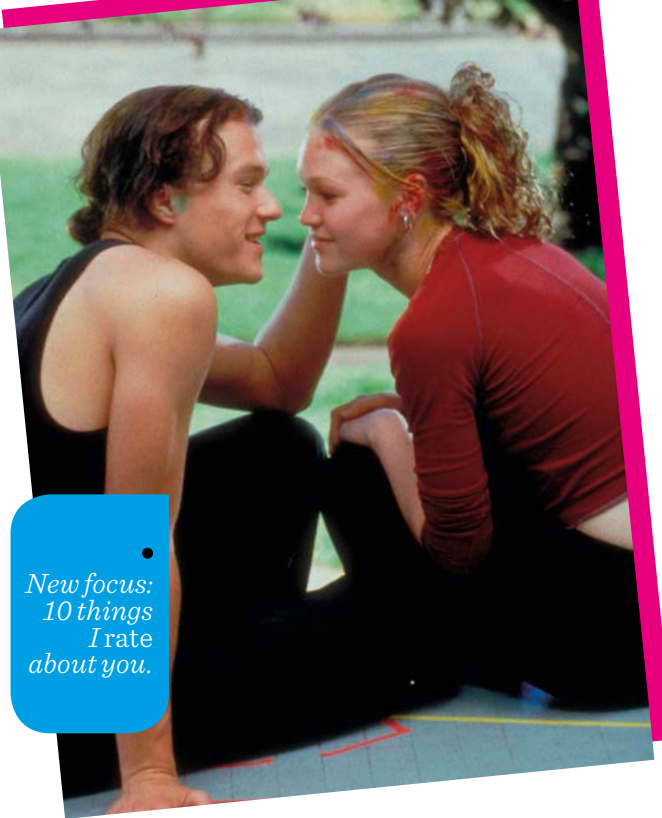
## Cool Rule #2: *Don't play games*

### BUT WHAT IF THEY WORK?

No matter how carefree you are, you will inevitably be drawn into that awkward phase of deciding whether to SMS him first, or wait. Lu-Anne, a psychologist and dating coach, says it's hard to break the cycle – even if you have rock-solid self-esteem – because society is so used to playing games. "It's a way of winning someone over; if you approach them directly, they're unlikely to know how to react," she says. So, playing the game may actually keep you in the game.

Science supports this approach. A study in the *European Journal of Personality* found that those seeking a long-term relationship had a better success rate when playing hard-to-get. Turns out, your subconscious may be telling you that if your prospective mate is willing to put in the hard work, they're probably in for the long haul. You also tend to assign more value to something when you have to work for it.

But, according to relationship coach Shelley Lewin, people who either don't know what



New focus:  
10 things  
I rate  
about you.

they want from a relationship or how to get it tend to slip into communication limbo. Her advice? Be clear about what you want.

## Cool Rule #3: *Culture isn't important* IS THAT TRUE ALL THE TIME?

If you're not moving forward, should you consider opening yourself up to someone from another culture, background or race? There are pros and cons, says Brownrigg. Even in 2015, your family and friends may have concerns about you dating someone "other" but, "it may actually encourage a bond to form between you," she adds. Being the Juliet to his Romeo can teach you things about other people, but also about yourself. "By pushing your own boundaries, you learn not to allow fear to control you."

Just enter the relationship with your eyes open. "Your new partner's way of living may be so unfamiliar to you that it can mask problematic psychological factors," explains Overstone. For instance, you may miss a history of domestic violence or aggression because in your culture these factors are revealed in other ways. You may not spot the red flags you're accustomed to seeing, she warns.

## Cool Rule #4:

### *Be yourself on a date*

### DOES THIS MEAN NO EFFORT?

He may have asked you on a date straight after a spinning class, but Lu-Anne believes that putting some effort into how you look is still essential. "Some women think that if he sees you at your worst and still likes you, it means he likes you for who you really are. But what you're really saying is, 'I don't respect you enough to put effort into myself,'" she explains.

Everyone puts their best-self forward in the first few months of dating, says Lewin. "That's why getting attached before you have a chance to examine their real character is emotional roulette." She suggests that if your dates aren't working out, consider being more approachable and warm. "Many men are terrified to approach a woman and we can really help them out with that. How many relationships have you missed out on because you showed them your don't-mess-with-me face?"

Regardless of whether you're looking for a few fun dates or something more serious, if you've been on a losing streak, it won't hurt to try one of these old-school tactics. You may just hit the love jackpot. And that's definitely worth the time spent on a therapist's couch. ■

**"How many relationships have you missed out on because you showed them your don't-mess-with-me face?"**

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# life **skills**

## Outsmart Your Boss

Some of the world's most formidable PAs tell you how to get organised, be productive and deal with life's biggest A-holes

*By Alex Gorton*

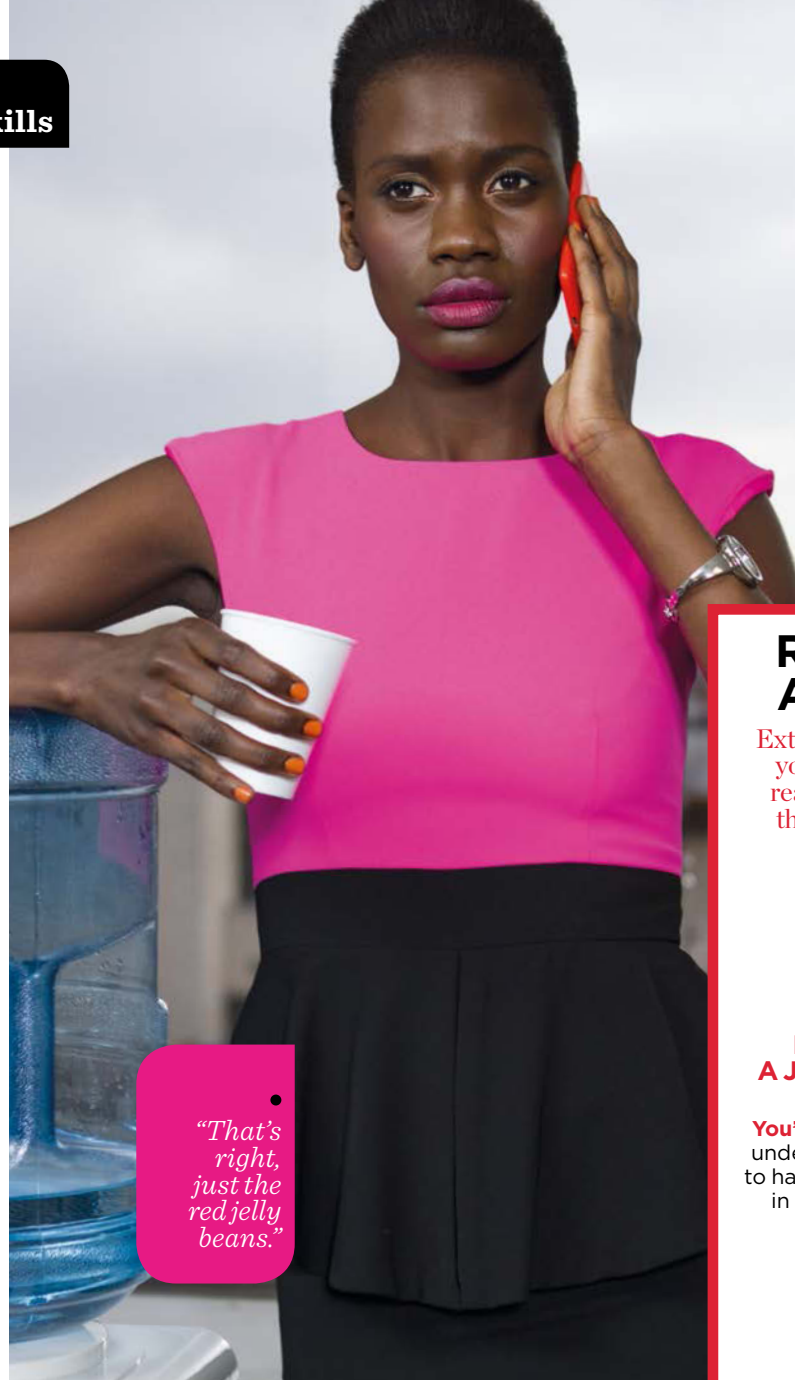
•  
*"How would you like me to expense that?!"*



Extravagant requests met at a moment's notice, tricky situations that need a calm resolution and tables at the restaurants no one can get reservations at... the life of a celebrity PA isn't an easy one. Which is probably why they've evolved into time-management ninjas with the sort of diplomacy skills that could rival Kofi Annan's. Use their tricks to find out how to save money, create time and be one step ahead of the boss, all the time.

### 1/ Tweet to get ahead

"I've built up my own support system and am nothing without my black book," says Donna Coulling, freelance PA to Helena Bonham Carter and Rachel Weisz. "I see my job as a research project. I try to find out as many things as possible in advance, so when my clients want something, I can answer them." Zimkitha Mbane, South African PA of the year 2013, is a firm believer in using social media and recommends @PALifeMag, @PALifeChris, @thepadesk and @lucybrazier. **> TAKE NOTE:** A UK study suggests that employees who use social media to build up a support system are more productive at work. Follow @getorganised for canny tips and the latest science on productivity at work and at home. And use Hootsuite to manage all your social networks on one programme and schedule messages to reach out to all your clients throughout the day. #Clever



"That's right, just the red jelly beans."

### 2/ Follow the one-hour rule

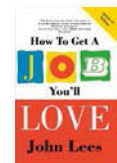
Setting boundaries between work and home can be hard. "On occasion, I was expected to attend restaurant reviews with Michael at weekends," says Ruby Snape, former PA to the late UK film director and restaurant critic Michael Winner. "Often I just politely told him I wasn't available." Work out boundaries and stick to them. "I always turn my phone off at night," says Coulling. "It's difficult, but I have to find the balance between work and assisting my boys with their school work, running house chores and

being MasterChef in my home," explains Mbane. "So, when the household retires, I stay up and focus on my studies and diary for the next day."

**> TAKE NOTE:** If you're the boss, take your lead from companies such as eBay and Google, who ban weekend emails. Studies show having time out can make employees more productive. If this seems a bit extreme, then limit yourself to one hour on Saturdays to write drafts. But don't send them until Monday to give you time to review anything written in a rage while cooking the kids' breakfasts.

## Read All About It

Extra! Extra! Here's your after-hours reading list to bag the corner office



**How To Get A Job You'll Love**  
by John Lees

**You'll get:** a thorough understanding of how to harness social media in your job search.



**The CV Book**  
by James Innes

**You'll get:** hints on making an impact, as well as CV templates.



**The Perfect Interview**  
by Max Eggert

**You'll get:** preparation tips with interview questions, so you can practise at home.

### 3/ **Live by the list**

"Prioritise, prioritise, prioritise," says Coulling. "I write a list for everything in mine and my clients' lives, so I don't just have a general list, but one designated by person. I also have a 'pending' file in my inbox where I put less urgent matters that don't have to be dealt with that day and make sure they're cleared every Friday." Snape goes one step further: "I review my to-do list every hour." Bet she gets through a lot of Post-its.

> **TAKE NOTE:** A study published in the *Journal of Experimental Psychology: Human Perception and Performance* found it can take 20 to 40 percent longer to finish a list of jobs when you multitask than if you work through the list in a sequence. What's more, a further US study showed that being interrupted between tasks can make you perform 20 percent less effectively. Number your tasks

in order of priority and then designate a block of time to get through the list. We also find that telling people to "piss off" is effective. Just don't say it to your boss.

### 4/ **Disperse the red mist**

Dealing with a diva tantrum now and then is part and parcel of being a celebrity PA. "Let them rant and rave and get whatever it is out of their system," advises Coulling. "But don't take it personally. If someone's having a cranky moment, just accept it's your mistake, even if it wasn't."

> **TAKE NOTE:** US research shows the key to diffusing anger lies in our prefrontal cortex. It can take 20 minutes for us to return to normal after it's activated. Count back from 100 to recover – the brain struggles to process other information when counting. If you're not the angry person, ask them a question. Rage is activated

## A UK study found that *the meeting sweet spot is 3pm on a Tuesday.* Just make sure you bring the biscuits

in our uncivilised brain. Answering a question forces them to use their rational brain, which produces a calming effect. Just don't ask them why they're such a miserable piece of work.

### 5/ **Micromanage meetings**

"Because I'm freelance, I don't work in an office from nine to five," says Coulling. "I'm only with my clients for four hours

at the most." To make the most of the time, she makes sure she has an agenda in place before she arrives. "Before I see a client, I slim down all the email requests that I need to run past them, just using one single line so I get straight to the point," she says. When Mbane knows she'll be in meetings all day, she takes her laptop with her so she can attend to the string of emails she receives. "I also get to the office earlier or stay later to prioritise those urgent or sticky tasks," she adds. "Managing time means managing your own life."

> **TAKE NOTE:** According to US research conducted, your cognitive resources (translation: concentration and brain capacity) deplete rapidly after 50 minutes of information intake, so schedule meetings for 45 minutes or less. And FYI: a UK study found that the meeting sweet spot is 3pm on a Tuesday. Just make sure you take some biscuits. ■

Get into the Groove

S1

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# Where There's A Will...

Death and taxes may be inevitable, but being helpless in the face of them doesn't have to be. The experts' advice? Tick off the items on this essential financial checklist so that you're ready for anything

By Sarah Borchert

Drawing up a will, taking out life insurance, planning for your retirement... These unglamorous tasks are all too easy to send to the bottom of your to-do list. Often, the reasons are practical: "It's mostly about the costs," explains 27-year-old Lauren Goldman, who, nonetheless, intends getting a retirement annuity (RA) and disability cover this year, regardless of her financial status.

Then there's the psychological element. "It's such a grown-up thing to do," admits Deirdre Zass. "And, at 29, I still don't feel like an adult."

Lauren agrees: "It's scary to look at these things because they concern a lot of big life (and death) moments. You're basically confronted with your future (or lack thereof) and you're torn between wanting to be adequately prepared for the 'mights-and-maybes' and enjoying your life right now."

Considering a future where you're anything less than wildly successful, rich and fabulous sound depressing? Far from being negative, planning for a future you can't control is one of the most positive and proactive things you can do for yourself – and the people you love.

## A future without you

"We view wills as morbid because we all like to think we're going to live forever," says Tracy Muller, head of fiduciary for Nedbank Private Wealth. "But, really, nothing is truer than that old adage about death and taxes, which means you should have a valid will at all times."

In its simplest form, a will is a written, witnessed document that spells out what should happen to your assets when you're no longer around and nominates an executor (friend, family member or professional) to manage this on your behalf. It's an essential part of what the experts call "estate planning".

Many of us have reached a stage where we're beginning to accumulate assets – property, a car, or even shares in the

company you work for. At the same time, you're starting a family and may have witnessed the first signs that your ageing parents will need your assistance as the years slide away. It's important that you make provision for them, should your time be cut short.

"You owe it to your heirs to have your will as cut and dried as possible," says attorney Jock McConnachie. "Have it done by a professional who knows what they're doing. You don't want to have issues with interpretation." You might bequeath your car to your brother, for example, but do you want him to inherit the outstanding debt as well, or will your estate take care of any remaining payments?

Attorneys, accountants and banks offer fiduciary services and advice that can help eliminate ambiguities like this, which could otherwise result in your heirs contesting the will in court – a time-consuming business that costs money, invoices your estate will have to settle. What's more, a carefully structured testament will minimise death taxes or duties incurred by estates worth R3.5 million or more.

Of course, worse than an ambiguous will is no will at all.





# The Last Will and Testament

Your assets won't revert to the state, as some believe; the Law of Intestate Succession kicks in. It follows bloodlines, meaning that your children, spouse or parents will inherit once they've voted for an executor. It takes time, is messy and, if you weren't married, but shared your life with a partner or friend, not necessarily what you would have wanted.

How much will this set you back? While it depends on how complicated your estate is, McConnachie believes it shouldn't take more than an hour or two with an attorney or accountant. Their fees vary, but work on around R1 500 per hour. Banks won't charge you anything, on condition that they wind up your estate, for which they'll receive a fee of 3.5 percent of its value. The important thing is to find a professional who will listen, understand your wishes and circumstances and make sure your will reflects these clearly.

## Here and now

A lot can happen between now and the reading of your will. While it's not unusual for women in their twenties and thirties to have some form of medical aid – “It's the one thing I do have,” says Deirdre – what happens if a car accident leaves you with a disability? When you're at your physical peak, it's hard to imagine your body betraying you, but it's a reality. This is where disability cover comes in.

Often bundled with life insurance policies, which pay out in the event of your death (anyone who has applied for a bond will be familiar with these – banks need to know that your loan will be honoured, regardless of your vital signs), disability cover will provide you with an income if you're unable to work.

“Young people in their early- to mid-twenties should definitely consider disability cover,” says Soré Cloete, senior legal adviser for Old Mutual Retail Affluent. “And the younger you start, the cheaper your premiums will be.” The same goes for severe illness cover,

**“I'm pleased I invested in an RA – *SARS* gives me money back for having it!”**

which Cloete recommends for people entering their thirties. “The older you get, the more susceptible you are to contracting a severe illness,” she says. “It's best to take out this type of cover when you're young and still insurable.” >

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Monthly  
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## THEY INSURED WHAT?

Us “normal” folk generally invest in life, car and home insurance. Celebs go a bit further, insuring body parts (Heidi Klum insured her legs). But these guys blurred the boundary between insurance and insanity...

- > Japanese golfers purchase insurance for coverage up to R30 000 in case they sink a hole in one, as it means they must buy gifts and drinks for all their friends.
- > In 2002, a man insured himself against severe psychological trauma if England left the FIFA World Cup prematurely. The sum insured? £1-million.
- > Over 20 000 people in America alone have bought alien abduction insurance, while in the UK, one firm alone has sold over 30 000 policies. Yes, really.
- > Three Scottish sisters paid premiums on an immaculate conception policy that would have covered costs associated with giving birth to the second coming of Jesus Christ. After receiving complaints, the insurance firm cancelled it.
- > Fear *The Walking Dead* coming to life? Lloyd's of London has reportedly sold policies to protect people in the event of a zombie, werewolf or vampire attack.

– Kirsty Carpenter

## The golden years

We're living longer, but that doesn't mean we want to work longer. If you have big plans for your retirement, you'd better get saving. Some companies offer pension funds but, if you're a part of the informal sector, or have been unemployed from time to time, you'll need to invest in an RA – a saving scheme created specifically to provide an income when you stop working. Cloete's advice is simple: “The earlier you start, the more you can benefit from compound interest (interest earned on interest),” she says.

“My current employer doesn't contribute towards an RA, so it took lots of pushing from my eldest sister for me to finally get one,” says Deirdre. “But, I'm pleased I did – SARS gives me money back for having it,” she laughs.

## Rainy days and holidays

RAs are an essential way to save for the long term, but because you can't touch them until you retire, accumulating enough

money to see you through a crisis or get you that shopping trip to Paris requires a little more planning.

“Saving is a mindset,” says Muller. “The sooner you start, the sooner you get used to it.” In theory, you should've started squirrelling away 20 percent of your salary from the very first pay cheque, but you bought a car, had to pay off a student loan and, suddenly, there was no money.

You're not alone. South Africans have a notoriously low saving rate (in fact, according

to 2012 stats by the South African Reserve Bank, the average household is actually in negative territory), but without a nest egg or rainy-day fund, we're at the mercy of changing circumstances.

“My husband and I didn't put much emphasis on saving,” recalls 41-year-old Catherine Peters. “We lived month to month, until the company I worked for went into liquidation and I was out of a job. Suddenly we had school fees, credit-card bills and the bond to pay – on just one salary. It was an incredibly stressful time.”

According to Muller, “you should try to have at least three months' salary on hand to tide you over in case of a loss of income.”

But, when you're already eating dry Salticrax a week before payday, it's easier said than done. Muller suggests that you structure your saving strategy along three basic lines: retirement, an emergency fund (something that would have helped Catherine, but also takes care of car repairs or pays the plumber you need to call out at 11pm) and a medium-term fund that covers your luxuries, like an overseas holiday or a new car.

How you save depends on what you want the money for. Lower-risk, highly accessible mechanisms like call deposits and money-market accounts work well for crisis cash, whereas unit trusts, which tend to mature over time, can contribute towards your children's education.

The good news is that the government, in an attempt to encourage us to save more, is introducing legislation that will render a range of investments tax-free. So, very soon, there will be even fewer excuses for putting off what you know you need to do. ■

**The government is introducing legislation that will render a range of investments tax-free**



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Hit The Road

# Pause For Adventure

The best memories are made off-road

By Wanita Nicol

→ For 29 years I knew the Garden Route as a blur of blue and green along the N2. Occasionally a roadside banner would catch my eye, but the thought of re-overtaking four trucks and a *chorrie* with busted suspension can make even loo stops seem unnecessary. So, it took me longer than it should have to discover that this leafy corridor, famed for its food scene and festivals, is also the adrenalin capital of SA.

If you approach from the Cape Town side, you can ease into your heart-pounding road trip with activities that keep your feet on the ground. A morning of kloofing in the Wilderness National Park will have you scrambling over boulders and leaping off rocks into cool, rust-coloured streams. It's as primal as workouts come and your body will be aching afterwards. But that shouldn't stop you from hiking up the cliff at Kaaimans Gorge for a 45m abseil next to a waterfall straight out of the forests of Middle Earth.

Also in Wilderness, if the wind is right, you can float away from the world on a tandem paraglide. Gently drifting on the updrafts while someone else steers is like having your dreams of flying come to life

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**of kloofing and abseiling**

**BOOK IT** Kloofing and abseiling: Eden Adventures ([Eden.co.za](http://Eden.co.za))

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Canopy Tour: Tsitsikamma Canopy Tour ([CanopyTour.co.za](http://CanopyTour.co.za))

Bungee jumping: Face Adrenalin ([FaceAdrenalin.com](http://FaceAdrenalin.com))

Skydiving: Skydive Africa ([SkydiveAfrica.co.za](http://SkydiveAfrica.co.za))





First page: a canoe picks you up after your abseil down Kaaimans Gorge; above: zip-line through 700-year-old yellowwoods; follow in the footsteps of Thabo Mbeki and Kelly Slater, who've both jumped off Bloukrans Bridge.



– except if you suffer from motion sickness, in which case, swallow a pill beforehand!

The world's highest commercial bridge bungee jump over the Bloukrans River is, of course, a must, but, before you throw yourself into a 216m swallow dive (harder than it looks!), stop off in the tiny village of Storms River for a tree-top canopy tour through the Tsitsikamma forest. The smell of growing things filling your airways is as exhilarating as the thrill of zip-lining from tree to tree. (If you can't bring yourself to bungee jump, pay for a walk across to the platform anyway – considerably cheaper and a rush in itself.)

Finally, end your Garden Route adventure in free-fall above Plettenberg Bay with a parachute – and a pro skydiver – strapped to your back, the wind whipping your scream away before it can leave your mouth. Yes, a few trucks may get ahead of you on the highway, but that's probably not what you'll remember. ■

## Drive Like A Pro

WH's resident petrol head Joy Niemack signed up for a defensive driving course with MasterDrive – use these tips to keep your no-claim bonus intact

### ► Plan ahead

Driving is 85 percent mental and only 15 percent physical (although, if your car lacks power steering, you may dispute that), so focus is important. Improve yours with the IPDE method.

#### 1/ IDENTIFY THE HAZARD.

Look about 12 seconds ahead of you. Do you see any traffic lights coming up? Spy any pedestrians nearby?

#### 2/ PREDICT WHAT WILL HAPPEN.

Could the lights change? Could the pedestrians cross the road?

#### 3/ DECIDE ON YOUR ACTIONS.

Make sure you can stop safely. Decide how you'll react if someone crosses the street.

#### 4/ EXECUTE IT NOW.

Make sure your car is roadworthy so it can respond effectively.

### ► Hang back

The accepted safe following distance is a three- to four-second gap between vehicles during normal weather, and a five- to six-second gap when the weather's lousy. It may sound over-cautious, but really it's just maths: on a good day, a driver's reaction time is around 0.75 seconds, while your car takes another 0.25 seconds to respond – that's one second between crashing or not.

## Hot Wheels

NEW MAZDA 3 HATCHBACK



With looks and functionality, it's no surprise that this petite hatch was a finalist for the 2014 World Car Of The Year award.

Trying to navigate your way through traffic, potholes and e-tolls is stressful enough, so it's comforting doing it in the Mazda 3. It's intuitive enough that you can just get in and drive – no need to worry about adjusting to new gears or clutch systems. But practical certainly doesn't mean drab. Like the Mazda 6, this hatch looks like a premium brand and will turn heads, even though you aren't paying premium prices.

Safety features include multiple airbags, dynamic stability control, traction control and emergency brake-force distribution, all of which come standard. The mobile connectivity system features a large, clear seven-inch LCD touchscreen, which connects to your Bluetooth, but it looks like an afterthought on the dash.

In general, the interior is uncluttered and efficient, even with handy gadgets like cupholders and a sunroof, but it still has that slightly cheap feeling, reminding you that it's not, after all, a luxury vehicle. That's okay, though – no one else will spot the difference.

**Best for:** Women looking for an affordable new car without compromising on style and class.

**Bonus features:** SkyActiv tech, which includes SkyActiv-Body structure, makes the Mazda 3 a stronger, more rigid car, but still lightweight and responsive. Like the 6, the Mazda 3 also has a SkyActiv-G engine, which promises better fuel efficiency.

**Drawbacks:** Although it's a more affordable premium hatchback, the Mazda 3 is still pricier than any other entry-level vehicle.

**Rating:** 4/5

**Price:** From R232 900

– Joy Niemack





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gonna  
hear me  
roar!



# LOUD MOUTHS

*From PG-rated whispers to salacious slurs that would make even Nicki Minaj blush, when it comes to sex, here's why you should never put a lid on it*

By Sushma Subramanian

“I want to... turn you inside out and lick you like a crisp packet.” An actual lyric from award-winning musicians Alt-J's hit-single “Every Other Freckle”. Not exactly “The Way You Look Tonight”, is it? These days, sex is everywhere you look – and listen: Jason Derulo's hit “Talk Dirty”; Beyoncé's latest album has more smut than Nas' entire back catalogue; and, on-screen, *Girls* depicts sex as it really is – crude, messy and, perhaps most crucially, loud. Because when it comes to getting it on, the girl who makes the most noise is the one who gets the most satisfaction.

Making noise in the sack is a huge part of what turns us on – and women are best at it, says psychologist Dr Jim Pfaus, an internationally known expert in the neurobiology of sexual behaviour. “Women are more comfortable being vulnerable and letting a guy know what they're feeling,” he adds. So much so, that a recent UK survey says 94 percent of women admit to being louder than their partner in the bedroom. There's even a name for the noise – female copulatory vocalisation (it might not sound sexy, but it works). >



## An awkward silence

But making a racket doesn't always, er, come easily. "Most people spend the majority of their sexual lives trying to be quiet, because there are always people around – parents, housemates, then kids. At some point in your life you have to 'learn' to be loud," says social psychologist Dr Petra Boynton. "The problem women tend to have is that if they aren't noisy, men think they're not enjoying it and, if they are, then there's a suspicion that they're faking it." It's an aural minefield. That was the case for Ntsiki Tyuwa\*. She met Vuyo Qabo\* at a house party. They chatted all night, one thing led to another and she was back at his flat. Then the fun, talkative guy from the party clammed up.

"He was completely silent," says Ntsiki. "I could hear everything but him." The effect: deeply unnerving. Like most women, Ntsiki needed something – a moan, a grunt, a "Yes, that's it." "I like to hear a man groan, whisper my name or something to let me know he's about to climax," she says.

Ntsiki's not alone – but then neither is Vuyo. An overwhelming number of guys get tongue-tied when they're getting busy. "Some men find it really distracting," says Boynton. "If you haven't spoken about it first, it can be a curve ball. On the flip side, if a guy is trying to last longer, a woman being more verbal can speed things up too much."

But when a guy gets it right, the results can be explosive. Erica Ball\* still remembers the SMS she received from her friend Dave May\* one night: "I always thought you'd be the best sex of my life." It was exactly what she needed to hear. "I'll do whatever you want," she fired back. The SMSes escalated and their mutual openness set the scene. A few nights later, the two ended up back at his place – and he was just as forward in person.

"I was so turned on," she says. "Having someone tell me what to do was hot."

Sexologist Dr Kristen Mark, author of *The Good In Bed Guide To Sexual Adventure*, agrees. "Arousal is about engaging different senses and auditory sensations – all things that intensify the experience," she says. The right words, delivered at the right volume, can eviscerate walls between partners.

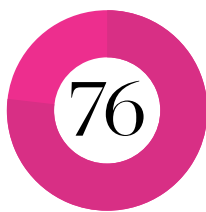
"Anything where you're negotiating with your partner fosters intimacy," says Boynton. "You've both found something you really like that's your little secret," she adds, suggesting that you actually start the conversation about being more verbal when you're *not* in the bedroom. "It doesn't have to be a serious chat. You could write it down – make a list of all the things you'd like to do to them or have done to you and swap lists." That can be part of the foreplay.

Dirty talk is deeply personal: one person's turn-on is another's mood killer. That's why revealing these things isn't without some degree of risk. But it won't just make your bond stronger – it might even lower his bedroom inhibitions. "Driving his arousal could help fuel his orgasm by distracting him from his anxieties," says Pfaus.

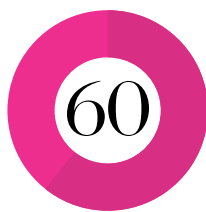
## MAKING MORE NOISE CAN HEIGHTEN YOUR EXPERIENCE

### YOUR NOISE IN NUMBERS\*

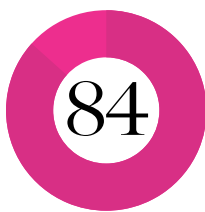
We asked, and you, well, shouted



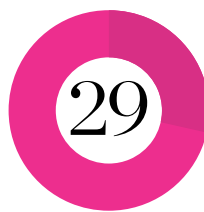
Percentage of WH readers who believe that the louder the sex, the better it is. Now scream!



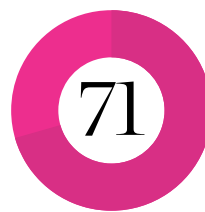
Percentage who say silence between the sheets makes them deeply uncomfortable.



Percentage who say silence is at its sexiest when they're trying to avoid being caught.



Percentage who consider a soundless sexual encounter to be sizzling hot.



Percentage of women who confess that dirty talk in the bedroom is a turn-on.



## TALK DIRTY TONIGHT

Our three-step plan to a truly filthy mouth



**1. Chat about** amping up the volume before sex. "It's less awkward than jumping ahead and realising they're not into it," says social psychologist Dr Petra Boynton. Watch porn together as a springboard.



**2. Listen to** yourself while masturbating and try making more noise so you can get used to it. "A blindfold can be useful," says Boynton. "It helps you home in on the sound." Among other things.



**3. Vary your** pitch. According to US research, men find higher-pitched women's voices more attractive. Scarlett Johansson, you lose. At last!

No  
whispers  
are  
careless  
here.

styles usually have the greatest intimacy." Subtly mimic his sounds and see where it goes. He's likely to respond to your verbal cues, so just go for it. The more expressive one partner is, the more turned on the other can become.

### It might get loud

But what about the risk of someone hearing you? Well, that could actually be a bonus. "The fear of getting caught can make sex more exciting for some people," says social psychologist Dr Justin Lehmiller, author of *The Psychology Of Human Sexuality*. "Acting uninhibited, especially with a partner you trust, is one of the great joys of sex." Holding back, on the other hand, keeps you from feeling "in the moment", which can lower your libido.

Oh, and one more thing: if you're enjoying the action but perhaps not as much as you might like to, being more vocal can actually help you feel more turned on, according to new research published in the *Archives of Sexual Behaviour*. In the same way that studies show how a smile (even on a crap day) can actually make you feel happier, bringing down the house (or at least the bedroom) – even if it's fake – can genuinely help you feel more into it. "The study shows that women do this more than men, and it seems to work," says Boynton.

So what are you waiting for? Send the kids packing or your flatmates to a bar and turn up the volume tonight. ■

Whatever your verbal preference, one thing's for sure: raising hell between the sheets has been scientifically proven to result in better sex. A US study found that those who showed their pleasure by sounding off during sex recorded higher satisfaction levels.

"Moaning might be a more comfortable way for people to express pleasure than verbally directing their partner," says study author Dr Elizabeth Babin.

Making more noise can also "heighten the experience by creating vibrations in the diaphragm and increasing oxygen intake to the brain," adds Boynton. And if your verbal cues sync up – all the better, says psychology professor Dr Jennifer Sellers, whose study on silence in the bedroom was published in the journal *Sex Roles*. "Couples who match each other's communication

53

Percentage of WH readers who couldn't care less if their noise wakes the neighbours.

64

Percentage of WH readers who wish that men would be louder in the bedroom.  
Go boys!





**SHE'S NOT ALONE:**  
Thirteen million women  
are regularly on the run.





# ***GET A RUNNING START!***

Running usually elicits a love-it-or-hate-it response. Some women couldn't imagine doing it unless they were being chased, while others eagerly sign up for race after race. But, since it's one of the most efficient, accessible workouts, hitting the road (or treadmill or trail) could be your key to scoring a healthy heart and a lean body. Follow this easy guide – full of expert secrets and tips – to ensure you get the most out of it

**BY CINDY KUZMA PHOTOGRAPHS BY GLEN MONTGOMERY**



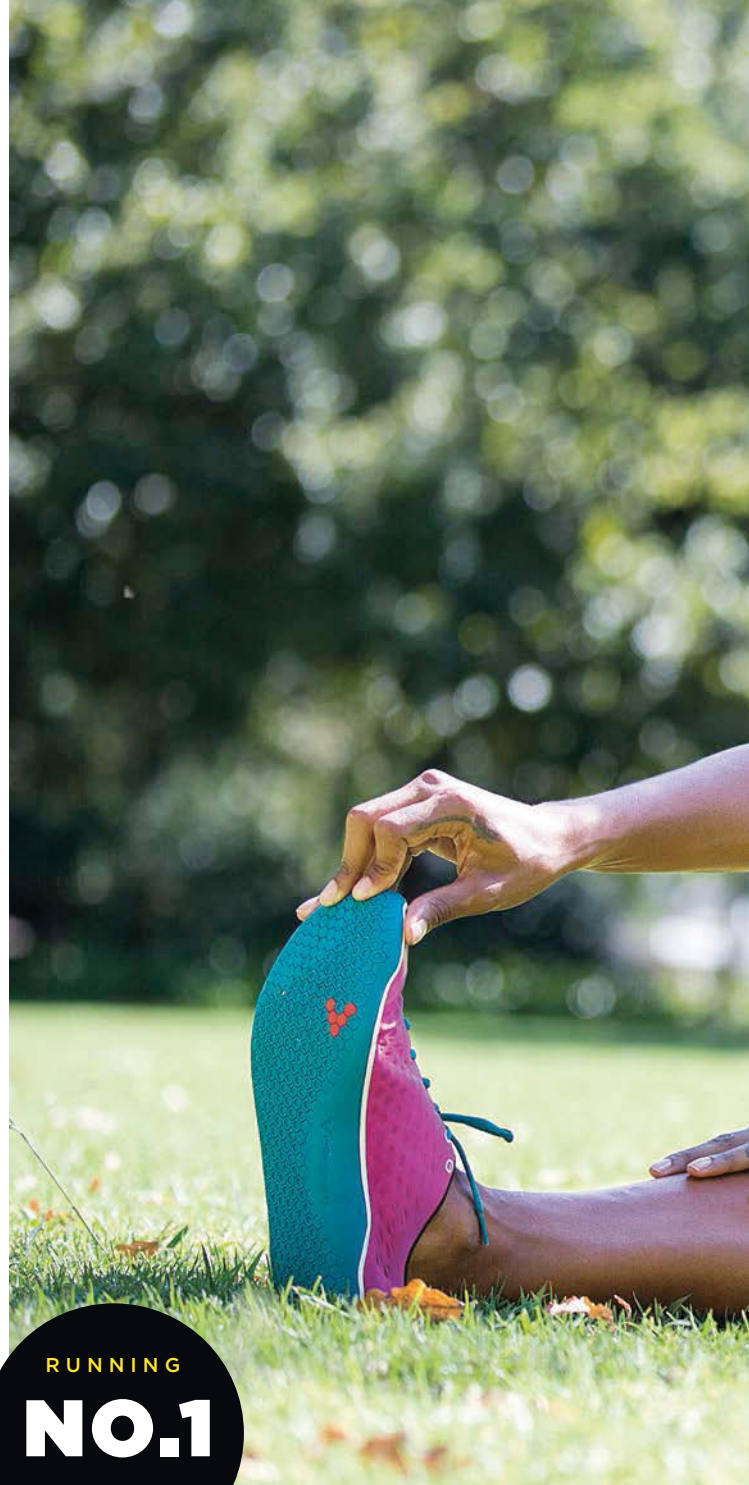
If you're thinking about taking up running, just know you'll be in good company – and a lot of it. It's arguably the most popular form of exercise – the Old Mutual Two Oceans Half Marathon entries (capped at 16 000 this year) sold out in a record time of just over two hours (to put it in context, that's right up there with the "One Direction ticket frenzy" of 2014). And, as for securing a treadmill at the gym in peak hour... put on your queuing shoes, baby, 'cause you're in for a wait of traffic-department proportions.

Most women get into running as a way to lose weight or shape up, which we totally understand: running burns about 250kJ per kilometre (that's that Magnum ice cream you couldn't resist gone before you've finished your five-kay), builds strong bones and, despite a bad rep for wrecking your knees, can reduce your risk for arthritis. Plus, Danish researchers found that just one-and-a-half to two hours of slow or moderate running per week can add about six years to your life.

According to a US Survey, which polled more than 5 500 women, 66 percent of female runners said their running habit relieves stress, keeps them healthy and allows them to meet personal goals and overcome challenges. It's hard to match that "runner's high" effect you feel the first time you run for 30 minutes non-stop or cross the finish line of a race. "Whether it's completing a marathon or working on improving your five-kay personal best, it takes determination, persistence, hard work and sacrifice. The greater the challenge, the greater the feeling of accomplishment," says running-technique coach Sean Tait, founder of Off The Mark in Cape Town. "This can, of course, be paralleled to other facets of your life and could give rise to new-found confidence and ultimately change your outlook on life," says Tait.

Despite this rosy picture, plenty of women can barely tolerate running – let alone find a love for it. Their body aches, their lungs burn, their heart feels like it's choking them and they spend the entire run cursing each and every step. That's largely because, as accessible and natural as running is, most people never learn how to break down its techniques the way they would for sports like tennis or swimming. "Most runners will have never considered how they're running," says Tait. "They will have been more focused on 'how far' and 'how fast' they're running." Turns out, it's a lot more complicated than just lacing up and putting one foot in front of the other.

So, here's what *Women's Health* did to help: we picked the brains of some of the best coaches and experts to uncover the keys to successful running. Whether you've never clocked even one kilometre or are looking to jump from five-kays to 21km, their training, fuelling and injury-prevention tips will make you a better runner than ever – and yes, even help you enjoy it!



### Use your breath to find your pace.

All of us instinctively know how to run, but most didn't inherit an innate sense of the exact speed we can sustain. Proper pacing depends on factors like how far you're going, how fit you are and your genetic ability – and it's a skill that takes time to hone. Even Olympic runners spend a lot of time trying to get it just right.

New runners almost always start off too fast... and then burn out. The word running – unlike jogging – is inextricably linked to speed in our heads, says running coach Brandon Vallair. The "talk test" can help: stay at a speed at which you can easily chat with a partner. If you're gasping for breath, slow down. If you can belt out the chorus to a Bruno Mars song on your iPod, pick it up





a bit, but err on the side of slowness to avoid running yourself into the ground.

In fact, go ahead and walk if you need to: newbies should start with three 20-minute run/walks per week. Aim to run more and walk less each week until you can run for 20 to 30 minutes without stopping. Then keep using the talk test to guide your efforts over a few weeks and months

and you'll naturally become fitter and speed up without consciously trying to run faster.

Want to up the ante? Eventually, that steady speed can become a snooze and pushing harder can up the kilojoule-burning and fitness-boosting benefits. But it's also extra stressful on your body, so ease into it to avoid injury. Once you've consistently run for 20 to 30 minutes three times a week

for at least four weeks – ideally up to three months – add one of these elements near the end of one (yes, just one) run per week: four 20-second all-out bursts, three 30-second dashes up a hill, or six sprints from driveway to driveway in your neighbourhood. Alternate the high-intensity interval with at least two minutes of easy jogging. Every week or two, turn up the burn by adding 10 seconds to your fast intervals. >

## Train Your Brain

Sure, your legs and lungs burn, but running is just as taxing on your brain. From making the decision to lace up to fighting through each kilometre, “the mind plays a big role in your ability to run,” says sports scientist and experienced marathoner Kathleen McQuaide. “So, those who are passionate and highly motivated to run are likely to succeed in becoming runners and staying runners.”

### PICTURE SUCCESS.

Studies show that athletes who visualise themselves as focused and in control develop the mental toughness needed to perform well. Before your run, and if your energy slumps mid-route, imagine yourself running strong around the block or across the finish line.

### FIND YOUR MANTRA.

Negative thoughts like: “I don’t have the energy for this” or “Why am I out in this wind?” are normal, says McQuaide. Practise overcoming them with positive, encouraging self-talk. Try repeating a key word or phrase like: “You’ve earned this” and “Finish strong” or “Yes I can”.

### TRICK YOURSELF.

Sometimes the biggest hurdle is getting out the door. If you don’t feel like doing a 30-minute run, tell yourself you’ll go out for just five minutes. Once you’re in motion, chances are you’ll end up staying out much longer.

### BUDDY UP.

By running with a friend you can take the focus off your burning calves by distracting each other with conversation – or at least spurring each other on.





RUNNING  
**NO.2**  
SECRET  
↓

## Get Some Air

**If running takes your breath away, it's time to slow down – your breathing, that is. “The passage of air into your lungs takes time,” explains Tait. “If your breathing rate is too rapid, and you exhale before the air enters your lungs, then the oxygen can’t reach your muscles and organs.” He recommends focusing on slowing your breathing rate down slightly and taking deeper, more sustained breaths. This will lower your heart rate and ultimately make the run feel easier.**

## Don't run every day.

It's true that practice and reps are two keys to success. Each run stresses your muscles, bones, joints and ligaments. As you do it more often, they'll adapt by growing stronger and more efficient. But you can do too much of a good thing. Pounding the pavement is high-impact and repetitive, so doing it too often or too fast can increase your injury risk. The trick is to find the sweet spot in which you run enough to spark changes but also give your body enough time in between to recover.

For new runners, that goal of three runs a week with rest days

between is ideal, says McQuaide, who is also the director of the Sports Science Institute of South Africa's OptiFit running programme, which trains beginner runners to run 10 or 21.1km. Any more and your body may not have enough time to recover. One exception: if you haven't exercised for years, try two runs a week, but add one or two walks or cycles.

If you're already logging three days a week – and have been for at least six weeks – you can add a fourth day. This will work well for most people who run as their main form of exercise, especially if you're not training for

a race. Ultimately a seasoned runner might work up to five runs per week but, as a rule, it's better to do four strong runs than to squeeze in a fifth when you're tired.

Whenever you decide to step up your running routine, don't just think in terms of kilometres and sessions, advises McQuaide. “Quality training, which includes some speed work and hill work, can greatly improve your running ability,” she says. Contact a biokineticist or a qualified running coach and they will be able to design a varied training programme to take you to the next level.





### **You don't have to go long.**

Measuring your runs in minutes or kilometres involves a bit of personal preference. Some beginners may feel “three kays” sounds much more daunting than “a 20-minute run”, while a marathoner may prefer to view a long run as a 30-kay, rather than sweat over how many minutes it will take to complete. Either way, picking the right distance or duration based on your goals and fitness level is a crucial step to getting the most from every workout without overdoing it.

Another reason total time is a better clock for new runners: it takes some of the pressure off. If you're having a bad day or aren't feeling as great, you can slow your pace and still get your minutes in – even if it's not pretty, you'll have finished your workout. That's more motivating than having to tack on extra time because you're running slower, or worse, not

finishing a set distance. Plus, you'll skip the hassle of plotting out an exact route online or driving ahead to map out markers.

Want to pick up the pace? Here's another thing about distance and time: to get better, you don't have to continually increase them. In fact, if you've hit a happy place of around five or six kays, three to four times a week, that's a great range for maintaining fitness. To see even better results, keep the duration the same but increase the intensity (and total kilojoule burn) by interjecting intervals – such as, say, one minute at an uncomfortably quick pace, followed by one to two minutes at a conversational speed.

If you have your eyes set on a half or full marathon, of course you'll need to dial up your distance, but make sure you do it slowly. Start by designating just one run each week as your long run and add a kay or two to it while keeping the rest of your week the same. From there, you can lengthen any, or all, of your runs.

Follow this rule from coach Carl Leivers: every other week, increase your total weekly distance by no more than the number of days per week you run – such as three kays a week if you're running three days. And keep your long run to no more than half your weekly total to prevent overdoing it during any one outing. >

**READY FOR YOUR FIRST 12-KAY?**  
Go to [WomensHealthSA.co.za](http://WomensHealthSA.co.za) and follow our training plan.

## **HIT YOUR STRIDE**

Golfers spend years perfecting their swing, but the average runner never takes lessons on proper form. That's too bad, because the right technique can ultimately help you become faster and more biomechanically efficient and have fewer injuries. No need to overhaul everything at once: on each run, focus on one or two of these cues to become a better runner from head to toe.

### **To start**

- ▶ Point your feet straight ahead.
- ▶ Look forward and keep your head parallel to the ground – imagine balancing a plate on it.
- ▶ Bend your arms to angles of 90 degrees or less.
- ▶ Lean forward from your ankles – don't bend from your waist.
- ▶ Keep your knees soft.

### **In midair**

- ▶ Don't swing your hips from side to side – you're running, not salsa dancing!
- ▶ Swing your arms straight back and forth – don't cross your body's central line.
- ▶ Keep your shoulders back and relaxed.
- ▶ Think of bending your knees and flexing your ankles to form 90-degree angles.

### **Back on the ground**

- ▶ Shorten your stride. Your feet should land underneath your hips.
- ▶ Speed up your cadence – count how many times one foot hits the ground and aim for 85 to 90 times per minute.
- ▶ Land on the middle of your foot, not your heel.
- ▶ After your foot hits the ground, think about squeezing your glutes as you pull your leg back.





RUNNING  
**NO.4**  
SECRET  
↓

### You can totally run a race – just pick the right one.

No matter what your current state of running, there's no reason you can't join the ranks of the hundreds of thousands of women who make it across the finish lines of races around the country each year. In fact, dropping some cash to sign up for a race can give you the motivation you need to stick to a consistent programme. Choosing the right distance, and giving yourself ample time to train for it, can be the difference between finishing strong and struggling all the way to the finish line – swearing you'll never do it again – or, worse, getting injured before you even reach the start.

Brand-new runners do best when they target the five-kay or 10-kay distances, even if they have their eye on a half or full marathon. For your first race, pick something that's fun or supports a cause you believe in. Budget eight weeks to train for a five-kay and at least 10 to 12 weeks to safely tackle a 10-kay.

Another way to pick your prime distance: log your runs on paper or electronically, says Vallair, then look back over the past three to six months. If you regularly ran 16km or fewer a week (say, three runs of just over five kays each), you're comfortably primed for a five-kay. If you ran 16 to 32km per week, you're ready to take on a 10-kay training schedule and if you ran 30 to 50km, you're set to start half-marathon training. ■

## Fuel Your Feet

Head to any popular running path and you'll likely see droves of serious-looking striders weighed down by belts stuffed with sports bars and carb gels. Unless you're running for an hour and a half or more, resist the urge to join them, says Pippa Mullins, a clinical dietician at MME Dietitians in Joburg with a special interest in sports nutrition. Her advice:

- ▶ If you know you'll run for at least 60 minutes, fuel up with an easily digestible snack that's low in fibre, protein and fat (think toast with a thin spread of peanut butter/Marmite or a banana).
- ▶ To find how much fluid you should be drinking, weigh yourself immediately pre- and post-run – if the difference is more than two percent of your body weight (1.2kg for a 60kg woman) you need to drink more. As for what to sip, water is best, although, for longer runs, energy drinks are a good source of electrolytes.
- ▶ If your energy fades during long runs, you'll need a quick-release energy hit – and that's when those gels come into their own. Other options: if you're racing, sip the Coke or sports drinks dished out at water stations or munch some jelly sweets, nougat or an energy bar.
- ▶ Your daily diet can have a big impact on your run and the key here is variety – meals should include a mix of carbs, protein and healthy fats. As a rule of thumb, opt for wholesome, unprocessed food over highly refined products that come out of a box.
- ▶ Within an hour of your run, grab a snack containing carbs to replace your fuel stores, protein for muscle repair and fluid to hydrate you. Try yoghurt, a latte or a chocolate Steri Stumpie.



# PERSONAL TRAINERS

Foot gear to fit your running needs

**WH Online**  
For the full reviews of these and other running shoes we tested, go to [WomensHealthSA.co.za](http://WomensHealthSA.co.za)

## ROAD

SHORT TO MIDDLE DISTANCE  
↓

### Puma Ignite

R1 699 (available from March)



The innovative foam technology creates cushioning, comfort and max energy return.

GREAT FOR NARROW FEET  
↓

### Nike Air Zoom Elite 7

R1 400



Designed for speed, it's lightweight and good for sprint training.

### Adidas Ultra Boost

R2 499



The springy cushioning puts more energy in your step, plus it has a flexible knit upper and good stability.

## TRAIL

BEST FOR PARK RUNS  
↓

### Brooks Cascadia 10

R2 000



A solid neutral trail shoe for all distances, plus it's engineered to reduce chafing.

### Asics Gel Fuji Attack 4

R1 499



Lightweight and versatile, it's perfect for medium to long distances and can handle wet and rough terrain.

### Salomon X-Scream

R1 599



Flexible, comfortable and light – perfect for the city girl who runs trails on the weekend.

## CROSS-TRAINING

CROSSFIT RUNNER  
↓

### New Balance Fresh Foam Zante

R1 499



Snug fit with just a six millimetre heel drop. Not particularly bouncy, but enough support for road runs.

### Adidas Breeze 101 2.0

R799



Breathable mesh upper for ventilation and flexibility on the road, plus good grip and support for the gym.

### Reebok Nano 4.0

R1 800



DuraCage tech keeps your foot steady; heel pods absorb shock – perfect for functional training with short runs thrown in.



SPECIAL REPORT

**You may think  
of yourself as a fair  
person. A nice person.  
A non-judgemental  
person. But research  
says that you're wrong.  
Bias is part of biology  
– our brains might  
be hard-wired for  
prejudices we may  
not even be aware of.  
We're all born to judge.  
The question is: what  
can we do about it?**



by Gretchen Voss  
photographs by Peter Hapak



nerdy  
delinquent  
scary  
crazy  
nurturing  
dirty  
lonely  
sad  
jolly  
lazy  
unhealthy  
stupid  
conservative  
angry  
secretive  
hostile  
ditzy  
friendly  
criminal  
unemployed  
feminist  
shy  
derelict  
athletic  
slow  
unfriendly  
mean  
sick  
weak  
sneaky  
artistic  
savage  
funny  
gross  
feeble  
suspicious  
manly  
edgy  
slovenly  
sweet  
thug  
dangerous  
loud  
liberal  
greedy  
smart  
terrorist  
religious  
desperate  
forgetful  
harmless  
drug-addicted  
smelly  
anxious  
reliable  
boring





Scientists who study prejudice have long known that what people say they believe, isn't always a reflection of what they *actually* do. Such biases may be unconscious... or people may just be unwilling to admit to them.

When Nandi Khumalo\*, now 22, was an 18-year-old university student, she thought she was completely open-minded about homosexuality – until she blurted out a scathing comment about how lesbians were all feminazis. *Whoa*, she thought at the time. Where did that come from?

Like Nandi, at our core, most of us are judgier than an episode of *Idols*. What researchers couldn't explain thoroughly before now, was why. —>



aloof  
wild  
crude  
polite  
rowdy  
effeminate  
messy  
cordial  
menacing  
bold  
obnoxious  
butch  
pushy  
cautious  
insensitive  
frail  
nice  
aggressive  
outgoing  
gentle  
indecisive  
political  
bashful  
careless  
powerful  
lax  
dumb  
daring  
spacey  
vain  
apathetic  
faithful  
impassioned  
vulnerable  
ailing  
dense  
generous  
mad  
lively  
passive  
strident  
liberal  
sullen  
rebellious  
open  
cold  
helpless  
creepy  
blissful  
alienated  
pious  
calm  
happy  
spiteful  
abusive  
girlie

## The brain-bias connection

In 2012, a study revealed that the human brain may actually be hard-wired to form, and act on, preconceptions we may not even know we have. Sylvia Terbeck, a postdoctoral researcher at the University of Oxford in the UK, administered an implicit association test (IAT) – designed to measure buried beliefs – to a group of patients before and after giving them a drug called Propranolol, a beta blocker commonly used to treat heart conditions. She found that the drug significantly reduced their racial bias. Why? Because Propranolol may have limited the fear responses of the amygdala.

Research has found that this almond-shaped structure in the brain, which detects threats in the environment and makes fear associations, responds in milliseconds – before you’ve had a chance to fully process what you’re looking at or to think about how you should act towards a person or situation, says neural scientist and psychologist Dr David Amodio. In other words, the amygdala is snap-judgement central, activating our implicit biases – those unconscious attitudes that we may not even be wholly aware of.

At some point in time, these knee-jerk forms of bias ensured our survival, protecting us from outsiders who didn’t look or act like us and were likely rivals for food, shelter or other necessities. But as we evolved and our society developed more just and democratic ideals (our explicit attitudes), we retained that primitive machinery of the subcortex. And it still kicks into high gear today, vigilantly detecting Us versus Them, and automatically treating Them as a threat.

It also appears that our primitive brains are equal-opportunity offenders. In researching bias unrelated to race, psychologist Dr Susan Fiske found that most people regard the elderly as well-meaning but ineffectual. She also scanned the brains of folks viewing pictures of drug addicts and found that the insula – an area of the subcortex involved with feelings of disgust – was activated. Dr Todd Heatherton, author of *The Social Psychology Of Stigma*, found the same reaction when participants looked at photos of people who were obese, unattractive, transsexual or had facial deformities.

Not all of this is solely the brain’s fault. Our neural responses are informed by an entire lifetime of social stereotypes

and cultural cues. “The categorisation effect results in an assumption that all members of the same group have the same characteristics,” says Professor Gillian Finchilescu, head of the psychology department at the University of the Witwatersrand. “These stereotypes are instilled by family, peers and society before you even reach the cognitive developmental stage of being able to question the validity of what you’re hearing.” Someone who’s been mugged by a Zulu-speaking man might be more suspicious of Zulu men on a train than they would be of a similar passenger who wasn’t Zulu, for instance.

Still, that doesn’t make us feel any less guilty when our baser judgements bubble to the surface. “Even though I know it’s wrong, I cringe every time I see an obese person,” admits 38-year-old Joburger, Michelle van Niekerk\*. “They might have a medical condition; they might be genetically predisposed to being fat. But I can’t help but think, *lazy*.”

## Under an unfair influence

So, by brain-scanning standards, most of us aren’t going to pass a political-correctness test with flying colours. But does that really matter? After all, while our neural responses might be automatic, whether and how we choose to act on them is entirely up to us. But relying on conscious attitudes requires effort and attention. And, although society (or your group of friends) often doesn’t tolerate such impulses, “Implicit attitudes are the first response you may have, before you have a chance to reason,” says Finchilescu.

The result can be a nonverbal gesture – pulling your handbag closer to you in the presence of a group of tattooed teenagers, for instance – that you make without even thinking. It sounds mostly harmless, but our susceptibility to these knee-jerk reflexes rises when we’re stressed, tired or distracted, because that’s when we lack the cognitive energy to control them. And the results of those lapses can be disturbing.

“I was walking down the street last year and saw someone beat a homeless woman,” says Mosa Ndlovu\*, 40. “She was hurt really badly and I should have gone over to help her after the man fled, but she was so dirty and scary that I just quickly walked the other way.” Mosa still feels terrible.

And nobody, it seems, is above these kinds of reactions. In an eye-opening study by psychologist Dr Mahzarin Banaji, nearly 300 medical doctors – people whom society tends to think of, by virtue of their profession and the Hippocratic Oath, as being above bias – were presented with a photo and brief clinical description of a middle-aged patient complaining of chest pain. Though most of the doctors did not report having any racial bias, on average they were tested as having a moderate to large implicit bias. And the greater the implicit bias, the less likely he or she was to give a black patient clot-busting drugs.

## Finding higher ground

Before you lose all faith in humanity, you should know that Banaji’s study also found reason for optimism. Some of the doctors who figured out the purpose of the study compensated for their implicit bias – suggesting that our unconscious impulses can be reined in when we simply recognise their existence.

Best of all, researchers are now learning that our brains are not only wired for negative bias, but also for egalitarianism. Yes, that command centre in our skulls is designed to react to fear, but it’s also designed for cooperation and fairness. At some point in our evolution, we developed an entirely new brain structure called the neocortex – what researchers refer to as the “higher mind” – which works to fine-tune behaviour and override initial impulses.

“Regions of the neocortex are really critical for detecting when there’s some sort of discrepancy between your implicit reaction and your broader goal to act in a certain way,” says Amodio.

Like the “filter” everyone is always talking about (mostly when somebody lacks one), these regions take the first automatic response that pops into your head and translate it into a more socially or morally acceptable reaction. “People are really good at controlling their actions, but they’re really bad at controlling their thoughts and emotions,” says Amodio.

Growing up, Angela Wilson\*, now 32, knew she had a “subconscious fear” of black men, possibly due to her folks growing up during apartheid and feeding their feelings to her. While she was at university, she was attacked by



a black man at knifepoint and, afterwards, she began to say things about black people that, as she puts it, “would make my friends gasp! One day I said something particularly terrible about how all black people are criminals and trash, and it made me recoil,” she says. “Who had I become?”

Angela worked with a psychologist to overcome her feelings. She began volunteering at a school in Soweto and developed deep friendships with black men and women, with whom she had frank discussions about race. It changed her. “I’m proud of the fact that I realised my prejudices weren’t right and did something about it,” she says.

Angela, in other words, did a lot of the things that social neuroscientists are discovering help us to curb our worst impulses. While simply trying to rid ourselves of implicit bias can be extremely hard, if not impossible (sort of like trying to unlearn that biscuits are scrumptious), research is beginning to unravel how we can reshape our implicit attitudes and beliefs – or at least hamper their unwanted effects on our behaviour.

## Adjust your attitude

In the same way an ex-smoker learns to reach for a piece of gum instead of a cigarette, you can conquer implicit bias by trading snap judgements for egalitarian thoughts and experiences. “If beliefs and values contrary to your implicit attitude are held by many people around you and reinforced by messages received from other sources, your implicit attitudes will disappear more easily,” says Finchilescu. Gradually, your brain will develop a stronger link with the positive association.

“If you repeatedly expose people to counter-stereotypical members of a category, the negative associations that were originally there will eventually be weakened,” concurs psychologist Dr Rodolfo Mendoza-Denton.

Other promising research reinforces the idea that simply considering people as individuals, as opposed to members of social categories, helps. Fiske found that asking people to consider what kind of vegetable a homeless person or drug addict might like to eat may effectively shut down their insula’s disgust reaction. “The whole point of this study was to say, yes, you do get this activation of the insula, but only when you’re operating superficially,” she says. “When you consider what a person’s goals and needs are, the social cognition part of the brain comes back online.”

This concept also works consistently in more structured settings, such as being on a team. Fiske found that people were more likely to view schizophrenic patients as individuals, not stereotypes, when they were told they would be working with the patient to win a monetary prize. And social psychologist Dr Jay van Bavel told white participants that they would be on a team, and then showed them black and white faces who were either part of their team or part of the other team. When he scanned their brains, he found activity indicative of camaraderie for members of their own team, regardless of race. The implications of the study – that we might be able to thwart automatic prejudices by simply thinking we’re all on the same team – are powerful indeed.

Because we live in such a multicultural society, where actions can have different meanings in different cultures, “It’s difficult to recognise small behaviours of yours that may be interpreted as prejudicial, like interpersonal space, gaze and hand-shaking,” says Finchilescu. “These may not stem from prejudicial attitudes at all.”

In other words, if you’re standing in a queue at the bank and someone is breathing down your neck, your discomfort probably stems from your own beliefs... and the person doesn’t even realise they’re upsetting you. So, acknowledging that we all have the capacity to have biases may be the surest way to stop being ruled by them. ■

*\*Names have been changed.*

## The command centre in our brain is designed to react to fear, but it’s also designed for cooperation and fairness

large  
slapper  
suck-up  
vocal  
soft  
young  
foolish  
vapid  
dopey  
ignorant  
mindless  
old  
caring  
silly  
pretty  
loopy  
scatterbrained  
brat  
scrawny  
grey  
bald  
zealous  
outspoken  
contrite  
foolhardy  
pushover  
despondent  
sheepish  
forlorn  
coward  
rich  
prissy  
subtle  
princess  
demanding  
delicate  
trendsetter  
easy  
big  
brown-noser  
homeless  
fit  
anxious  
helpful  
big-boned  
mild  
quiet  
short  
emotional  
benevolent  
socialite  
reasonable  
sturdy  
gullible  
gold-digger  
unfeeling



## WHAT ARE YOU HIDING?

FIND OUT WHAT SILENT JUDGEMENTS LURK IN YOUR SUBCONSCIOUS

Psychologists who use the implicit association test (IAT), are able to study attitudes and beliefs so buried in the psyche that we may not even know we have them.

Like a word-association test, the IAT measures the strength of associations between concepts (such as black or white, homosexual or heterosexual, fat or thin) and attributes (like good or bad). Users may be asked to group images of overweight people with positive words, like *joy* and *pleasure*, for instance, and then to group them with negative words. The speed with which a user responds to a certain association (like an overweight silhouette with the word *failure*, for example) implies the degree to which they have that particular implicit bias.

If you have 15 minutes and a computer, you can anonymously take a sample test online at [implicit.harvard.edu](http://implicit.harvard.edu). There are more than 90 subject areas to assess – including politics, ethnicity and gender – and you can choose to submit your responses for research purposes, in which case they will assist psychological studies on thoughts and feelings.



# Drop A

# Size!

Do you lie awake at night counting chic purchases you couldn't really afford?

Try these simple exercises to tone up your finances (and get a better night's sleep).

It's like cardio for your cash flow...



A whopping 86 percent of WH readers say they're experiencing financial stress, according to an online survey. If your budget is as unpredictable as Amanda Byne's Twitter feed, we've got reassuring news: reining in your spending doesn't have to mean a life without lattes (yawn). To begin, take our quiz, created by money expert Jean Chatzky. It'll help you understand your shopping habits, so you can spend smarter. Then check out our tips to help avoid impulse buys – do you really need that Groupon case of wine? – and save for things you truly want, like a holiday, car, house or, okay, a Chanel bag.



# What's Your Spending Style?

Select the answers that best reflect your views and compare them against the key at the end. Then, read on to learn what makes you tick in the money department

## 1 For my next home, my top priority is...

- A** A big kitchen or dining room that's perfect for entertaining.
- B** Peace and privacy.
- C** Living in an up-and-coming area.
- D** More space, interesting amenities and location.

## 2 If I were late paying a bill, I would worry most about...

- A** My reputation and credit rating.
- B** How it happened and how to prevent a recurrence.
- C** Where to get the money to make the payment.
- D** The impact on my family.

## 3 I make serious non-financial decisions...

- A** Rationally and unemotionally, like business decisions.
- B** On the basis of how they support my quality of life.
- C** After discussing them with people I trust.
- D** Privately - I'm unlikely to discuss them with others.

## 4 When it comes to impulse buys...

- A** I think about whether I've treated myself lately and then make my decision.
- B** I think about the various commitments I've made to others and consider whether to buy the item.
- C** I tend to buy only what's on my list, unless I know it's something I'll need in the future (and it's on sale).
- D** I think about how well it will fit in with what I already own and go for it.

## 5 When I plan holidays, I weigh up the value and cost in light of...

- A** The chance to share the trip with people I care about and enjoy spending time with.
- B** The chance to experience new places, architecture, cuisine and lifestyles.
- C** Being able to do whatever I want during my time off.
- D** The fact that having fun will be worth the money.

## 6 My big concern about changing jobs would be...

- A** Whether my salary would support my lifestyle.
- B** Finding work that allows me to help others and make new friends.
- C** The financial package: pay, maternity leave, pension fund and medical aid.
- D** Having opportunities for fulfilment and challenge.

## 7 If I got a sudden cash windfall, I would...

- A** Take a trip to a city I've always wanted to visit.
- B** Look at the long-term return of my investment options.
- C** Use the money to fund a need or wish of a family member.
- D** Put it towards a dream house.

## 8 In the event of a serious accident or illness, my social support network would be...

- A** Well-established. I've set up a plan with people I trust.
- B** Up in the air: I haven't really thought about it.
- C** My life insurance, which would handle all the arrangements.
- D** Loosely organised: I'm sure family and friends would be there for me.

## 9 If I fell in love with a big-ticket item that wasn't in my budget, I would...

- A** Figure out how to adjust my budget in order to make it work.
- B** Figure out how to buy it in the future.
- C** Buy it on impulse, then probably regret it later.
- D** Make a sacrifice - maybe work extra hours - so I could buy it, particularly if I thought it would enhance my life with my family or friends. >

## See A Financial Planner - For Free!

Even if you're not a customer, most major banks offer complimentary financial planning sessions. In about 30 minutes, an expert will help you to identify your financial goals (pay any debt, buy a home, book that dream holiday...) and create a money plan to achieve them.

### The letter you chose most represents your money personality...

**I** = Inner driven  
**S** = Socially driven  
**P** = Physically driven  
**F** = Financially driven

#### ANSWER KEY

	1	2	3	4	5	6	7	8	9
<b>A</b>	S	I	F	I	S	P	I	S	P
<b>B</b>	I	F	P	S	P	S	F	I	F
<b>C</b>	F	P	S	F	I	F	S	F	I
<b>D</b>	P	S	I	P	F	I	P	P	S



# If you got...

## Mostly I Inner driven

A true original, you prefer to spend money on items that reveal your personality. To avoid arguments with your partner about blowing your salary on a piece of art, for example, make sure you have your own cash. Set up a direct debit to put 10 percent of your salary in a savings account each month.

## Mostly S Socially driven

Sharing the wealth brings you happiness. You spend money with the needs of others in mind. But don't neglect your own needs. Treat yourself once in a while. It doesn't have to be something big – studies show it's more satisfying to have frequent doses of smaller things than one big purchase.

## Mostly P Physically driven

You get off on spending to enhance your wellbeing. But watch out for getting caught up in comparisons with people who have more expensive things. Instead, remind yourself that the price tag has little to do with the pleasure you get from a purchase. Find out exactly where your money's going with a purchase-tracking app or website. A good one to try is ANZ's online budget planner ([anz.com/common/calculators/budgetplanner/exampleau.asp](http://anz.com/common/calculators/budgetplanner/exampleau.asp)), which adds up all your expenses and deducts them from your net income, so you can see at a glance how much money you have left over (or not).

## Mostly F Financially driven

For you, money represents security. You spend smart, but basing every decision on money can suck the joy out of life. Loosen up a little and, if you do feel guilty about a non-essential purchase, find savings elsewhere. At electronics stores, the best deals are right inside the main door and in supermarkets, the bargains are usually stashed on shelves above head and below waist height.



# 2<sup>in</sup> 3

WH readers lose sleep over money

# 51

Percentage of WH readers who eat more junk food when worrying about money.

# 84

Percentage of WH readers who have delayed going on holiday as a result of being under financial stress.

# 29

Percentage of WH readers who think it's important to have a budget, but don't have one.

# 50

Percentage of WH readers who believe that buying a home is the best way to invest.

## Rewire Your Brain To Outsmart The Sales (And Grow Richer)

Prevent those “but I only popped out for mascara” overspends by dodging retailers’ tricky techniques

### TRICKY TECHNIQUE

#### Cost-slashing comparisons

Research shows we'll spend more if we can see how much we're saving. That's why stores will show you percentages: 30 percent off sounds better than R30 off a R100 top.

**Outsmart it:** If it's an item of clothing, ask yourself where and when you'll wear it. If there's no obvious answer, don't try it on. Once you've slipped into those snakeskin print jeans, your brain will subconsciously take possession of them.

### TRICKY TECHNIQUE

#### Limited-time-only offers

Bargain-driven websites like Groupon and time-sensitive sales can incite panic in consumers and inspire impulse buying, says psychologist Dr Kit Yarrow.

**Outsmart it:** If you're saving for a house or a holiday, make those abstract goals tangible so they're more able to compete with a leather handbag on sale right here, right now. Use a photo of a house or an exotic beach as wallpaper on your phone so you see it all the time.

### TRICKY TECHNIQUE

#### Pushing back payment

Think of the furniture ads: “Pay no interest until 2016!” This strategy convinces your brain that the expenditure won't hurt, because you don't have to pay today.

**Outsmart it:** Resolve to pay for things in full and use cash all the time. Research shows that the more “unreal” (ie, plastic) the form of currency, the more likely you are to spend. Leave the credit cards at home and swap the five R20 notes in your wallet for a R100 note.



## Four things You Should Never Pay Full Price For Again

It's all a matter of timing – here are the best times to buy and why...

### Cars

**When to buy:**  
**end of any month**

Dealers get incentives for selling a certain number of vehicles each month. That means you should be able to negotiate a better deal when the sales team is running out of time to meet quotas. Cunning!

### Tech goods

**When to buy:**  
**December/January**

TV and computer prices always drop in time for the Christmas rush. Web gossip mills such as Macrumors.com are handy to find out when new models will hit stores.

### Jewellery

**When to buy:**  
**any time, except for Christmas**

Most jewellers generate one-third of their annual revenues and almost 100 percent of their profits in the two months leading up to Christmas. When business slows, prices drop. Then you shop.

### Bicycles

**When to buy:**  
**January**

Hit the stores after the holiday rush but before they get new models, which is usually in February and March. If you buy in your local full-service bike shop, barter for extras like a year of free tune-ups.

## Four Steps To A Fully-Functioning Budget

1

Figure out your monthly income. This should be your take-home pay, after taxes, medical aid and pension fund.

2

Write down all your fixed expenses. These are monthly bills like your rent, electricity bill and car payment. If you set aside money for savings every month, include that figure here too.

3

Track your variable expenses: groceries, clothes, drinks with friends – the stuff you could cut back on if you needed to.

4

Compare the numbers – and adjust as needed. If you're coming up short, you may have to start taking your lunch to work. And if you have leftover cash (nice!), consider investing or starting a rainy-day fund.

**S-A-L-E** What it does to your brain – a sale sets off a tug of war between two parts of your brain: the nucleus accumbens – a pleasure centre that reacts to things we want – and the insula, which processes pain and stops you overspending. A bargain buy satisfies the insula – nothing feels better than nabbing a great deal.

## Juicy Confessions

We got the WH team to reveal their biggest money blunders. Any of these sound familiar?

"I'm a sucker for a good telemarketer. If they're rude or pushy, then I easily resist. But if they're engaging and polite and make a good sell... I've bought into a few 'once-off' membership offers that I later regretted. I'm also easily upsold by good salespeople in shops – especially on things that I don't know much about, like tech products."

– *Wanita Nicol, assistant editor*

"As a student, I joined a Cape Town gym. Back then, you were easily tied into a three-year contract with all kinds of fine print. I had to move to the Eastern Cape for my first job and the area I moved to had no branch within a 100km radius, but they wouldn't allow me to cancel my contract. I was forced to continue paying for a facility I couldn't use. With the Consumer Protection Act (CPA), things have changed, but it made me so angry at the time, I vowed I'd never join a big corporate gym again. However, thanks to the CPA, things have changed and I've joined Virgin Active."

– *Amy Rankin, senior copy editor*

"I shudder at spending even R50 on an item of clothing, but will happily (read: drunkenly) inhale R500 at a restaurant and hardly blink at tossing R5 000 at a holiday. I value experiences over 'things', but I think I need to find some kind of middle ground – Pick

n Pay Clothing can only take you so far and my flat is sorely in need of seating..."

– *Susan Barrett, managing editor*

"I always buy into those 'three for the price of two' promotions – and usually all I need is one!"

– *Gotlhokwang Angoma, senior features writer*

"I've booked accommodation and concert tickets for large groups of people, but often a few cancel at the last minute and I end up footing the bill."

– *Thamar Houliston, digital editor*

"I buy Groupon or other online deals, but then I forget about them and they expire! What a waste."

– *Joy Niemack, assistant digital editor*

"I overspend for the first week after payday, then live frugally for two weeks. I'm really stuck in the final week and am forced to live on credit. Then, when the money comes in next payday, I've been feeling so deprived that I blast my money again, just to have nothing by week two. It's a vicious circle."

– *Mari Groenewald, fashion editor*

"I once splurged on a great pair of shoes, but then had to borrow money to pay my rent. I'll never do it again – I think I've worn them twice!"

– *Kirsty Carpenter, features editor*





**TIP #1**

*Trim your hair  
every two months  
to grow it long*





*Secrets*  
• *of the*

# Hair Experts

Between deadlines and credit card debt, who has the cash (or the time) to see a pro about their locks? These gurus shell out their advice – *mahala!*





## THE HAIR DOCTOR

ELMA TITUS

IS A TRICHOLOGIST  
BASED IN CAPE TOWN.

### > Give your hair a break between styles

Losing hair faster than Rihanna loses clothes? It's fun to switch up your style or colour, but the damage may not be worth the compliments. While there are various treatments to stimulate growth, the tricky part is finding the, ahem, root of the problem.

There are a number of reasons for hair loss (alopecia). "Many women seek my help with marginal alopecia. Sometimes caused by mechanical or chemical injury, the hairs may be pulled from or broken at the follicle, causing scarring and, at times, bald patches around the scalp," says Titus. "If your locks are constantly styled in braids, singles and cornrows, traction alopecia may occur, where the hair shaft becomes stretched and broken, causing significant thinning of your hair," she adds. But this doesn't mean you need to steer clear of your favourite look for long. **Go natural with pride for at least two weeks before moving on to your next style.**

### > Stick to one brand of relaxer

Active chemical ingredients in relaxers range from sodium hydroxide and lithium to calcium and even ammonium thioglycolate – and switching from one chemical to the next damages your hair and scalp. "Wait at least six weeks and have regular oil treatments between relaxers," says Titus. "And keep your stopwatch handy – you need to stick to the developing time suggested for your hair type," she adds. Finally, step away from the comb! "Excessive combing also damages the hair shaft and, combined with scalp burns, causes thinning."

### > Manage your stress

Noticing more hair clogging up the shower drain? Think back two or three months. Were you going through a stressful time? "Stress causes the body to overproduce several hormones and chemicals, which can damage your hair and skin. The degree of hair loss depends on the length and severity of your stress and how susceptible you are to it," says Titus. You'll start noticing a change a few months after the stress trigger occurred. The good news? It's not permanent – as long as you keep your stress levels under control, it should clear up within three months.



*A weave is a great protective style while you grow out your hair*

### > Feed your follicles

Your locks are made up of a protein material called keratin, so it makes sense that eating enough protein and mineral-rich food is important for your hair health. Titus recommends taking supplements, such as a good multivitamin, omega-3 and folic acid. Also, check your iron, vitamin B, D and zinc levels, as they help encourage hair growth. And don't underestimate the importance of a balanced diet. "Hair is nourished by the bloodstream, which draws its nutrients from the food you eat. If your diet is poor, your hair won't be fed properly and it will end up weak, brittle and fragile," she says. Finally, apply conditioner and moisturiser to feed hair from the outside in, recommends Titus.

### > Know your hair's texture

The more familiar you are with your natural hair, the more styling options you'll have at your disposal. "If you plan to grow your hair out, trim it regularly to get rid of brittle, split ends," says Titus. Thickness, colour, length, oil production and curl depend on what you inherit from your parents (thanks, guys!), but the condition of your hair depends on your habits. Use an oil-based spray or treatment daily, but sparingly – too much oil on the scalp stifles hair growth.

#### IN YOUR KIT

Dark and Lovely by Softsheen Carson Amla Legend Oil of 7 Wonders (R50); L'Oréal Paris Extraordinary Oil Extra Riche (R170 for 100ml)

#### TIP #2

*Wash your hair every time you wash your weave*

# TRY THIS AT HOME!

Titus shares three time-conscious nourishing pre-shampoo treatments

## IF YOU HAVE...



### 30 MINUTES

#### TRY... A smoothie

In a blender, mix together two eggs, two tablespoons cream, two tablespoons castor oil, 25ml unsalted butter, 25ml purified water and the juice of half a grapefruit. Massage into your scalp and hair. Leave for 30 minutes before rinsing. Shampoo as usual.

## IF YOU HAVE...



### ONE HOUR

#### TRY... Hot oil

Mix two tablespoons each of olive, castor and coconut oil and warm slightly (use more or less depending on hair length). Pour into a glass jug and leave in hot water to maintain the temperature. Part your hair into small sections and apply the treatment from root to tip. Massage into your scalp. Place a shower cap over your hair and heat a slightly damp towel in the microwave. Wrap it over the shower cap. Remove and reheat the towel every 10 to 15 minutes. After an hour has passed, shampoo until all the oil has been removed.

## IF YOU HAVE...



### TWO HOURS

#### TRY... A protein shake

In a bowl, mix two egg yolks with five tablespoons olive oil. Apply the treatment from root to tip and place a shower cap over your hair. Leave for two hours, then shampoo and rinse.



**THE SCIENTIST**  
**KABELO MOLEFE**  
IS THE NATIONAL  
EDUCATOR FOR MIZANI.

## > Try a superfood

You've left the salon with a great new 'do, but a week later it looks like a novice job. "Women tend to damage their hair with harsh products, styling and exposure to the sun, chlorine and sea salt," says Molefe. His top tip? Always protect your locks with a serum when heat-styling. Look for conditioning ingredients like shea butter, which adds moisture and softens hair to prevent breakage. Head for the hills whenever you see petroleum oil or mineral oil. "Instead of getting absorbed by the hair shaft, they coat it and slow hair growth," says Molefe. Plus, give your hair a boost with protein products – they help replenish the levels naturally found in your hair.

## > Take your wash days seriously

Like that gorgeous new top you don't want to toss into the washing machine in case it gets damaged, your 'do looks perfect and you're scared that washing it will cause a bad hair day. Turns out, aftercare products work better and are more easily absorbed when hair is clean. Use a good sulphate-free shampoo (sulphates strip your hair of natural oils) and intensive conditioner every four days to remove product build-up and nourish your hair.

## > Discover your type

Feel like your hair's been the same length for months? That's because black women struggle to retain length due to "curl pattern". "With straighter hair, natural oils from the scalp travel down the hair shaft easily and reach the ends quicker. Hair tends to be oilier and less likely to break, so it grows longer, faster," says Molefe. "The coiled shape of curlier hair means natural oils take longer to travel down the hair shaft and often don't reach the ends." This causes dry, brittle ends that break easily. Result: your hair looks like it's not growing. Be sure to use a shampoo, conditioner and aftercare product according to your hair type – curly, coarse, kinky or coiled.

### IN YOUR KIT

Mizani Comfiderm Scalp Oil (R167); Mizani True Textures Curl Balance Shampoo (sulphate-free) and Moisturfuse Moisturising Conditioner (R167 each)



**THE HAIRDRESSER**  
**BRIAN WARFIELD**  
IS A STYLIST FOR  
TANAZ HAIR, BODY  
& NAILS IN JOBURG.

## > Stay committed

How many times has your gogo told you that patience is a virtue? She's right. To **grow out your afro**, trim it every two weeks to get rid of split ends. Then keep hair soft by tying it with a silk or satin scarf at night. Try two-strand, flat, three-strand and comb twists to minimise knots and tangles, and sleep on a satin pillowcase to protect the style and help your hair retain moisture. Treat it every two to four weeks. Got thick, coarse hair? Use protein treatments to strengthen it. For fine strands, alternate between moisture and protein treatments. "Always follow a protein treatment with a moisturising conditioner to ensure the hair won't become brittle and break," says Warfield.

## > Protect your weave

Beyoncé has it covered. When she's not rocking blonde braids, she loves a honey-coloured weave. **A weave is a great protective style while you grow out your hair**, but don't be fooled – it's not always the easiest option. "Women tend to think that when they put in a weave, they don't have to do anything to it or to their own hair," says Warfield. Shampoo and treat it regularly, don't keep it in for longer than three months and comb using a tangle teaser so it doesn't become knotted. Use light, non-greasy products that will give it a natural shine but won't weigh hair down. >

### IN YOUR KIT

Ladine Scalp Treatment (R66); Motions Oil Moisturiser Hair Lotion (R33); Jabu Stone Multi-Purpose Spray (from R40); Moroccanoil Treatment Light (R450)



**TRY** GHD's Detangling Comb on your weave and GHD's Tail Comb for natural hair (R105 each).



### TIP #3

Treat your scalp  
with hair food  
twice a week



## THE SESSION STYLIST

SAADIQUE RYKLEIF

IS A COMMERCIAL AND  
EDITORIAL STYLIST BASED IN JOBURG.

### > Wake up and go

We can't all afford an entourage of hair and make-up artists, but you can boast "I woke up like this" locks with these three styles.

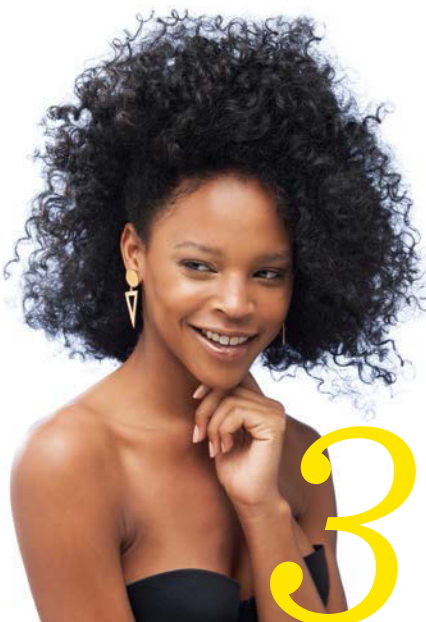
1/ Even though **braids and twists** take longer at the salon, once they're in, they're easy to care for. Crochet braids and twists are versatile for women who want to keep their hair natural while creating the illusion of length.

2/ If you have **relaxed hair, a pixie cut** is the way to go this season. Before bed, apply a wrapping lotion to your hair, comb it straight, swirl your locks around your scalp and cover with a silk scarf. When you wake up, run a serum through your hair. Style with your fingers and, if the ends look frizzy, apply a heat-protective product and use a flatiron to straighten any kinks. End with a holding spray for a healthy sheen.

3/ If you're transitioning your hair, a dry perm is great to create a **fro-hawk**. Colour your hair amber or blonde to update the look. And be sure to treat your hair with an intensive moisturiser to prevent drying and breakage. ■

### IN YOUR KIT

Jabu Stone Anti-Itching Braiding Spray (from R38); TreSemmé Salon Finish Firm Hold Hairspray (R77 for 500ml); Mizani Edge Taming Gel (R193)



## Budget Buys!

You don't have to break the bank when you've relaxed your hair. Avon Herbal Care Moisturising Oil Sheen Lotion (R40) helps protect against damage from styling, like combing. Motions Light Hold Working Spritz (R45) sets hair with a soft hold and Long & Lasting Silicone Serum (R29, available at Clicks) works on taming your hairline as it smoothes dry hair and controls frizz.

For stockists turn to page 144

PICTURE 1 AND 3: RUDIE MCCREE/BOSS MODELS; PICTURE 2: BIANCA MAVUSO/BOSS MODELS; JEWELLERY CLOCKWISE FROM TOP: GOLD VERMEL PYXIS STUDS R1760 AND GOLD VERMEL CIRCLE-TRIANGLE STUDS R1830; BOTH: KIRSTEN GOSS; THE TUMBLING BLOCK NECKLACE R3 230; BLACK BETTY



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Yellowtail carpaccio





Haddock, soft eggs  
and spinach brunch

# GONE

PHOTOGRAPHS BY  
Craig Fraser

Affordable, easy-to-cook and downright delicious  
- we bring you six scintillating seafood recipes from  
Daisy Jones' *Sunday Times Cookbook of the Year: Star Fish*

# FISHING





## Get It While It's Fresh!

Here are some of our top places to buy seafood around SA

**1/ Southern Cross Seafood Deli**  
(Cape Town, 021 671 5002)

**SPECIALITY:** Find anything from scallops to sea lettuce.

**2/ Ocean's Edge**  
(Cape Town, 021 433 0860)

**SPECIALITY:** It's a Beth Din-approved (kosher) fish shop.

**3/ Wild Peacock**  
(Stellenbosch, 021 801 3663)

**SPECIALITY:** Great oysters and fresh-water marrons.

**4/ West Coast Aquaculture**  
(Saldanha Bay, 022 714 0938)

**SPECIALITY:** Fresh mussels harvested each morning.

**5/ Fresh Fish Market**  
(Port Alfred, 046 624 4335)

**SPECIALITY:** Daily stock comes right in off the boats. Try the homemade fishcakes.

**6/ Seafood Hyper**  
(Durban, 0861 347 449)

**SPECIALITY:** This is where to buy bulk and save.

**7/ Glenashley Fisheries**  
(Durban, 031 564 4572)

**SPECIALITY:** Get the catch of the day from the owner's boat.

**8/ Fisherman's Deli**  
(Joburg, 011 251 8300)

**SPECIALITY:** The home-smoked mackerel, salmon, trout and kippers.

**9/ Seven Seas Fisheries**  
(Joburg, 011 678 1070)

**SPECIALITY:** A huge variety, plus cooking equipment and spices.

**10/ La Marina Foods**  
(Joburg, 011 608 3277)

**SPECIALITY:** Scottish salmon, sole and sustainability.

– Amy Rankin



## Sardines and tomatoes on toast

"Tomatoes on toast is one of my favourite breakfasts. I love this idea because it combines the sweet juiciness of the tomato and the strong savoury taste of the sardines," says Daisy Jones.

10 to 15 cherry tomatoes  
Extra-virgin olive oil, for frying  
1 red chilli  
100g tin of sardines in oil  
2 slices dense bread  
Butter, for the toast  
Sea salt  
Freshly ground black pepper

**1/** Cut the tomatoes in half while you heat the oil in a nonstick frying pan (make sure you have a lid).  
**2/** Take the pan off the heat and place the tomatoes in the pan, cut-side down. Once all the tomatoes are in the pan, add the whole chilli (for subtle heat), then return the pan to the heat, which should now be on medium-low. Place the lid over the pan to steam the tomatoes. After a few minutes, turn the tomatoes over, replace the lid and cook for one minute.

**3/** Break all the sardines in half and place them in the pan with the tomatoes. Gently heat the tomato-sardine mixture, taking care not to break up the tomatoes or sardines.  
**4/** Make your toast and butter it. Top it with the mixture and season generously with sea salt and freshly ground black pepper. The whole chilli may be removed or left in for garnish.

**SERVES 2.** Per serving: 1 337kJ, 8g fat (2g sat), 42g carbs, 790mg sodium, 3g fibre, 21g protein







Spiced hake  
nuggets



## How To Debeard Your Mussels

The byssus (aka the "beard") is what the mussel uses to attach itself to a rock. To remove the beards, simply pull them from side to side in line with the shell, as you would pull out a hair (follicle and all). But be careful not to pull out any flesh. If you can't pull it loose, snip it with scissors while pulling. Then make sure you scrub the shells with a metal scourer. Alternatively, just buy debearded, scrubbed mussels.

SUSTAINABILITY  
\*\*\*\*\*

### Olympia-style mussels

"The saucy mussels at Olympia Café in Kalk Bay are famous – and justifiably so. You can taste the elements of the sauce, but they harmonise with one another and with the fresh, tender mussels.

That's my gold standard," says Jones.

1 tbsp butter

2 cloves garlic, crushed (or 1 tbsp crushed garlic from a tub)

1 to 2 spring onions, very finely sliced

800g live Saldanha mussels

1 small handful either chives, tarragon, dill, fennel or parsley, chopped

Few sprigs fresh thyme

2 to 3 tbsp cream

2 tbsp dry white wine

**1/** Melt the butter in a sturdy pan or pot with a lid. Add the garlic and spring onions. Fry on a low heat until the onion has softened. Add the mussels and herbs. Turn up the heat to medium-high, cover and steam your mussels for about three minutes. Remove all the open mussels. Give the ones that are still closed

another minute with the lid on. Now take out all the mussels, open or closed. Add the cream and wine to the pan and stir.

**2/** Return the mussels to the pan. Replace the lid and cook for one minute further, or until the sauce is bubbling.

**SERVES 3 to 4.** Per serving: 961kJ, 10g fat (4.5g sat), 9g carbs, 580mg sodium, 0g fibre, 24g protein





SUSTAINABILITY  
\*\*\*\*\*

## Spiced hake nuggets

"I like that the fish here is bite-sized. These can be served as a starter on their own, or with a dipping sauce for people standing around waiting for the braai to cool. They can even be stuffed into a pita with salad and a dollop of yoghurt for lunch," says Jones.

**600g hake, skin off, cut into 5cm pieces**

**2 tbsp extra-virgin olive oil**

**Sea salt**

**Freshly ground black pepper**

For the marinade:

**½ tbsp paprika**

**½ tbsp turmeric**

**½ tbsp ground ginger**

**½ tbsp ground coriander**

**Small bunch fresh flat-leaf parsley, finely chopped**

**1/** Place the hake in a bowl, with olive oil and a big pinch of salt and pepper.

**2/** Add all the marinade ingredients to the fish and mix well so that the fish is evenly coated. Cover with cling wrap and refrigerate for at least an hour.

**3/** Place a griddle pan (or a large nonstick frying pan) on a high heat. Carefully place your fish pieces in the pan and cook, turning every couple of minutes, until the fish firms up and is cooked through.

**SERVES 4.** Per serving: 669kJ, 6g fat (1g sat), 2g carbs, 460mg sodium, 1g fibre, 23g protein

SUSTAINABILITY  
\*\*\*\*\*

## Haddock, soft eggs and spinach brunch

"The toast is lightly dabbled with Marmite. (Don't you dare spread it!) My brother and I always put Marmite between our toast and poached eggs. It ups the savoury ante, without overpowering the dish. Change it up by using potato latkes instead of toast," advises Jones.

**1 knob unsalted butter**

**1 tsp mustard powder**

**Whole nutmeg, for grating**

**200g baby spinach**

**1 lemon, halved**

**250g frozen haddock, defrosted**

**4 bay leaves**

**10 black peppercorns**

**4 large free-range eggs**

**2 thick slices ciabatta, cut at an angle**

**Sea salt**

**Freshly ground black pepper**

**Marmite, for serving**

**1/** Place a deep frying pan over high heat. Add the butter, mustard, about 10 gratings of nutmeg and the spinach to the pan. Once the butter is starting to bubble, squeeze in the juice of half a lemon. Cook the spinach, stirring, until it's fairly dry and dark. Remove spinach from the pan, cover and set aside.

**2/** Pour some boiled water from the kettle into the same deep frying pan. Set the heat to low. Add the bay leaves, peppercorns and the juice of the other lemon half. Bring the water to a simmer. Add the fish and poach for about five minutes, or until the fish is just warmed through. Remove and cover to keep the fish warm.

**3/** Now poach the eggs in the same water. The water should be moving, but not boiling. Break the eggs into a teacup, one at time, then take the teacup right to the surface of the water and slide the egg in. While the eggs are gently poaching, toast your ciabatta slices.

**4/** Towards the end of the eggs' cooking time (about three minutes), carefully slide the fish back into the pan. This is just to get it piping hot again. Butter your toast and smear a small amount of Marmite across the surface.

**5/** Spread the spinach over the toast. Remove the eggs from the water with a slotted spoon. Drain for a moment over the pan, then place eggs on the spinach-covered toast. Sprinkle with salt and pepper, then flake the fish over the eggs and serve.

**SERVES 2.** Per serving: 1 672kJ, 12g fat (4g sat), 32g carbs, 740mg sodium, 3g fibre, 41g protein

SUSTAINABILITY  
\*\*\*\*\*

## Yellowtail carpaccio

"I was delighted when I found Tom Kime's recipe for albacore tuna and it was so easily adapted for yellowtail. It's simple to make and looks great. This recipe would also work brilliantly with pole-caught tuna. If it's not pole-caught it's not on SASSI's green list," says Jones.

**750g (very fresh) yellowtail**

**1 tbsp fennel seeds**

**2 green chillies**

**Zest and juice of 1 lemon**

**4 tbsp extra-virgin olive oil**

**Sea salt**

**Freshly ground black pepper**

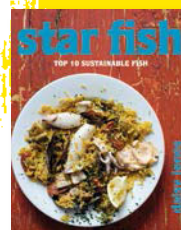
**3 sprigs fresh dill, chopped**

**1/** Slice the fish as thinly as you can. Lay out a large piece of cling wrap in double thickness. Place the slices of fish on the cling wrap, cover with another double layer of cling wrap and, with a rolling pin, gently tap the slices of fish to flatten them further. Lay the slivers of fish on individual plates or on one large platter.

**2/** In a dry frying pan, gently toast the fennel seeds until they're fragrant (two minutes). Place the seeds in a mortar and, using the pestle, roughly crush them so that they still have some texture, but have released their aroma.

**3/** Finely slice the chillies into thin half-moon slivers.

**4/** Thinly peel the lemon zest and cut it into fine strips. Mix the lemon juice with the olive oil in a bowl to make a dressing.



**Recipes extracted from *Star Fish* by Daisy Jones (R450, published by Quivertree Publications).**

**5/** Scatter the fennel seeds, chilli and zest over the fish. Season with salt and black pepper. Refrigerate until ready to serve.

**6/** Just before serving, spoon some of the dressing over the top of the fish and scatter with the fresh herbs.

**SERVES 4 to 6.** Per serving: 1 421kJ, 19g fat (3.5g sat), 4g carbs, 60mg sodium, 2g fibre, 36g protein

SUSTAINABILITY  
\*\*\*\*\*

## Pickled fish

"This recipe (from Lannice Snyman and Anne Klarie's *Free From The Sea*) is cheap, easy and it lasts for months in the fridge. A tub of this makes for a good gift at Easter and you can eat it on Good Friday with hot cross buns (or for Pesach). It could win one of those pickled-fish competitions held in the Cape Flats," claims Jones.

**4 large onions, finely sliced into rings or half moons**

**2kg yellowtail**

**Sea salt**

**Freshly ground black pepper**

**Oil, for frying**

**200g sugar**

**1 cup water**

**3 cups dark vinegar**  
**1 tbsp turmeric**  
**3 tbsp curry powder**  
**1½ tsp salt**  
**1 tbsp black peppercorns**  
**6 bay leaves**  
**2½ tbsp flour**  
**1 cup sultanas (optional)**

**1/** Slice the onions and set aside. They shouldn't be too fine.

**2/** Remove all the brown meat from the fish. Make sure there is no trace of skin or bone, then chop fish into bite-size cubes.

**3/** Season the yellowtail cubes lightly with salt and pepper, then fry briefly in hot oil until cooked through. Be careful not to overcook the fish! Drain on paper towel.

**4/** Place the sugar, water, vinegar, turmeric, curry powder, salt and peppercorns in a pot and bring to a boil. Add your onion and bay leaves. Cover and simmer for 10 to 12 minutes, until the onion is cooked but still slightly crunchy.

**5/** Take one ladle of the hot sauce out of the pot and mix it with the flour. Return the mixture to the pot. Stir over high heat. The sauce will thicken.

**6/** Layer the fish, sultanas (if using) and onion in a large glass dish. Pour the sauce over the layers, cover and refrigerate. Your pickled fish will taste best after three days in the fridge. This is also the point at which you may disturb the layers and place some of the precious preparation into bowls for friends. Pickled fish will keep for up to six months.

**SERVES 8 to 10.** Per serving: 2 173kJ, 12g fat (3g sat), 42g carbs, 610mg sodium, 2g fibre, 53g protein



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## Siba's Table Fast Feasts

Brand New Series

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<<  
Something  
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over to the left

For more insider style  
secrets, turn to p42.

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# Protection from chafing?

## Petroleum jelly or breathable balm?

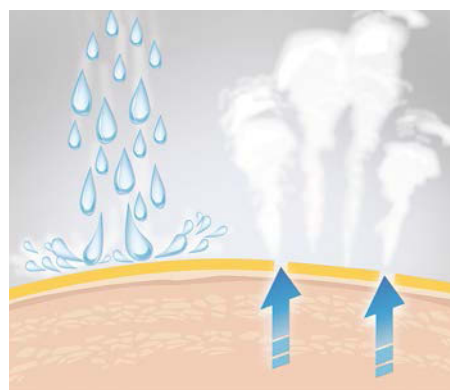
**NEW!**



*Breathable protective balm from Linola®*

People have long used creams containing mineral oils (e.g. petroleum jelly) to protect their skin. However, these have an occlusive effect, i.e. they seal the skin. This means that moisture can build up below.

A breathable protective balm (Linola) now presents a solution to this problem. It protects critical skin areas from irritation due to chafing, sweat or urine whilst still allowing the skin to breathe. The textile and shoe industries achieved something similar many years ago with their breathable membranes.



### The breathable Linola® technology

The protective balm (yellow line) protects against chafing and moisture (on the left). However, the skin is not sealed and can still breathe (right).

### Protection against chafing and moisture

The breathable Linola® Protective Balm

In the bottom area

In the intimate area

Insides of the thighs

Below the arms

In the chest area

[www.linola.com](http://www.linola.com)

Dr. August Wolff GmbH & Co. KG Arzneimittel, 33532 Bielefeld, Germany



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# #TBT Urbanathlon

On 30 November last year the *Men's Health Urbanathlon* took over the streets of Jozi with a 12km run and some crazy inner-city obstacles. Naturally, we got in on the action. Here, our top moments



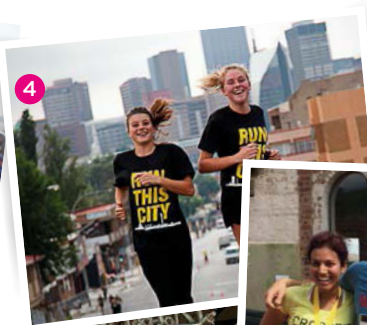
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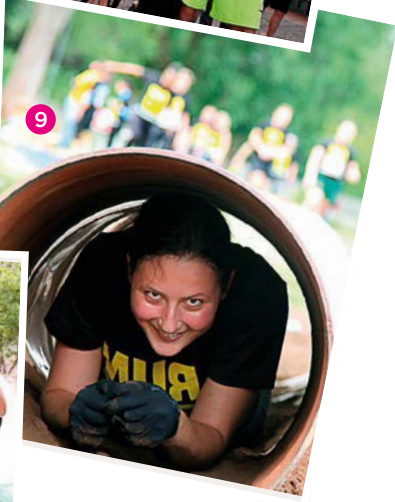
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6



7



10

PRESENTED BY



1/ Race champions proudly posing with their medals. (But best pose goes to the photobomber!)

2/ It feels amazing to cross the finish line – and this medal makes the memories even sweeter.

3/ The secret to running up hills: keep smiling – the downhill's coming! This is how it's done.

4/ In Joburg, there's no shortage of bridges to make your calves cry. These women handle this one like champs!

5/ Great to see men and women joining forces to tackle the challenges at Constitution Hill, which included a vertical climbing wall, barricaded hurdles, monkey bars, mud tunnels and a low wire.

6/ Now, where did that earring go...?

7/ Monkey bars: another fine example of childhood fun gone bad. Grip strength was the key to completing this super-challenging obstacle.

8/ The *Men's Health* and *Women's Health* team doing our best to look cool post-race.

9/ Taking the tube, Urbanathlon style! Those gloves sure came in, er, handy!

10/ What a way to finish off a race: soaping off 12km worth of grit just before crossing the finish line!



> To watch the video, go to [WomensHealthSA.co.za/videos](http://WomensHealthSA.co.za/videos)

Join In!

We love seeing you out there living a fit and healthy lifestyle. Take a selfie with your bestie at your next race, on the mat at your morning training session or simply enjoying a nutritious snack, and you could be featured here! (Bonus: you could win R500!) Tweet us @WomensHealthSA and include #WHSnapshot. Please submit your pics in their original size, as opposed to smaller formats.



## Hisense infinity H6

### Balance life beautifully with the new Hisense Infinity H6

The all new stylish and sleek Hisense Infinity H6 is crammed with features, making it easier to use not only when you're making phone calls or using it to work remotely, but also when taking photos or using its exciting entertainment hub - even while out training in the outdoors.

It boasts Dual SIM functionality and a Quad Core Processor for problem free multi-tasking. Running Android 4.4 OS, the H6 is wrapped in a solid metal body housing with dynamic Dolby Digital Sound and front and rear cameras. The Infinity H6 features a long lasting battery for endless entertainment.

Hisense Infinity H6 - accessible advanced smart phone technology.



   [www.hisense.co.za](http://www.hisense.co.za)

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The all-new Mazda CX-5 creates perfect harmony between form and function. Inspired by the predatory stance of a cheetah stalking its prey, the CX-5's KODO, or Soul of Motion design, shifts weight to the rear for greater stability and even more power. On top of that, the commanding SKYACTIV 2.5 Petrol engine produces a muscular 250 Nm of torque, 138 kW of power and a fuel consumption of just 6.9\* litres per 100 km. And with a 3-Year Unlimited Warranty & Service Plan, the CX-5 is not just an SUV. It's a new breed of vehicle.

\*Under Mazda test conditions.

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